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Just hold your nose and swallow

Calgary doctor uses tailor-made poop pills to treat gut infections PAGE 12

It takes more than Mad Men to sell razors

Gillette's attempt to sell in India needed to go beyond rebranding effort PAGE 18

Simon returns to Lions den

Former team great and current Roughrider set to kick off against old squad at BC Place PAGE 29

THE FACE OF A REALLY NICE GUY

SURE, DANNY TREJO, THE STAR OF MACHETE KILLS, WAS A CON MAN — BUT THEN HE FOUND GOD PAGE 22

Dave Murray is afraid he will fall back into life on the street if the federal government prevents him from accessing diacetylmorphine, the only treatment that has worked for his heroin addiction.
JENNIFER GAUTHIER/METRO

Health officials blast heroin ban

'Loophole' closed.
Federal government bars prescribing illicit drug to addicts for treatment

Dave Murray tried to beat his heroin addiction with methadone treatments 10 different times since 1971.

Nothing worked until he received diacetylmorphine — the active component of the illicit drug — as part of a Providence Health Care clinical trial that enabled him to stabilize his life, volunteer, form a support group and get healthier over the past year.

But the 62-year-old Vancouverite is living in uncertainty and fear after federal Health Minster Rona Ambrose announced Thursday new regulations to close the "loophole" in a Health Canada special-access program that allows patients to use heroin after the clinical trial ends.

Possible alternative

- Using heroin to treat addiction is only necessary in about 10 per cent of cases and is used as a last resort, said Eugenia Oviedo-Joekes, the scientist running the clinical trial called SALOME.
- The trial is attempting to determine if hydromorphone is as effective as heroin at treating chronic addiction, but its results will not be available until late 2014, she said.

The special-access program "was never intended to provide heroin to addicts," Ambrose said.

The decision was condemned as "completely wrong," "nonsensical," "political," "ideological" and "another example of the federal government ignoring science" by B.C. doctors, health officials and lawyers at a news conference.

"It's a horrible decision," said Pivot Legal Society lawyer Scott Bernstein, adding Pivot will pursue any human-rights legal action possible to ensure people can access the medication. "We're very concerned that people will begin using illicit drugs again, concerned they'll be involved in criminal activity."

While Murray and 19 other patients have approval to access the drug for three months after the trial, under the new system no other patients will be granted extended access and his cannot be renewed.

The decision to ban an effective treatment, used throughout Europe and proven by numerous studies, shows the government is "not particularly interested in evidence," said Dr. Martin Schechter.

The treatment is expensive, but it's cheaper than leaving people on the streets and paying for their legal, criminal and hospital bills, he said.

EMILY JACKSON/METRO

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CONCORD PACIFIC

Compass Card points west

Staggered start.
West Coast Express customers will be first to get new system

KATE WEBB
kate.webb@metronews.ca

Compass Card vending machines with touch screens will be installed at TransLink stations over the next several months.
COURTESY TRANSLINK

West Coast Express riders are going to be first in line to get TransLink's new Compass Card later this fall, followed by those with government-issued bus passes in the new year and then students.

TransLink vice-president of enterprise initiatives Mike Madill revealed on Wednesday how the staggered rollout will work after announcing the success of the beta test phase.

From Sept. 9 to Oct. 1, 10,000 beta testers registered more than half a million taps on buses, at rail stations and SeaBus terminals. TransLink says the online feedback they collected shows most testers found the system easy to use, which means the fall introduction will go ahead as planned.

"We talked to peer agencies a while ago about the best way to roll this out," Madill explained, "and what they told us is 'Don't go with a big-bang theory, don't try and turn it on all at once, you'll overload your systems and your customer-support channels. Make sure you do it in a layered fashion.'"

The Compass Cards will replace about 150 different fare media, and require users to tap out of the system when exiting transit on card readers and fare gates as well as tap on when entering.

Madill said he chose which groups to sell the new cards to first based on the size of the customer base.

The West Coast Express has a quite manageable 6,000 to 8,000 monthly pass-holders, he said, so Compass Card vending machines will start operating at stations along the line in late November or December.

In January, the cards will be offered to 65,000 low-income seniors and people on disability assistance who receive government-issued bus passes.

After that, he said, they will be offered to some of the 100,000-plus student U-Pass holders, but only at select campuses at first.

"It's kind of one to three groups per month, and we're going to start with customers that generally are institutional customers, other than West Coast Express," he explained. "Eventually we'll open it up to the public in a staged way there, too, as much as we can."

Results

The beta test by the numbers:

- **81%.** Some people are forgetful as 81% of users remembered to tap out
- **54%.** Percentage of taps on buses
- **46%.** Percentage of taps on rail (including SeaBus)
- **3,500+.** Number of feedback submissions through website
- **1,059.** Calls fielded by Compass beta-test support centre
- **2nd.** Busiest tapping day of the week, every week, was Tuesday

District in deep doo-doo over contaminated water

The Regional District of North Okanagan has been found guilty of four offences under the Water Act and Drinking Water Protection Act.

Provincial court Justice Mayland McKimm gave the verdict Sept. 25, saying "there is no question that the district failed to provide portable water" to residents in January 2010, when the Antwerp Springs facility was contaminated by "substantial quantities of effluent" that made its way into the well with runoff snowpack.

The district defended itself by testifying Interior Health approved the use of the well despite being aware of the potential for cross-connection between the drainage system around the well and the well itself.

But McKimm ruled that neither the approval from Interior Health nor the "failsafe" chlorine analyzer (which had failed at the time anyway) absolve the district of liability.

On January 13, 2010, residents receiving water from the well were in for a disgusting surprise.

"When residents turned on their taps what poured fourth was a thick concoction, which was described by one witness as the consistency of a pail of water with a cow patty dissolved in it," wrote McKimm in his reasons for judgment. "The water smelled of manure and a Mason jar full of water was so turbid as to be opaque.

"I am not satisfied on the balance of probabilities that the district used due diligence to manage the risks that they knew or ought to have known existed in these wells. As a result I find the Regional District of North Okanagan guilty on all four charged."

The district, in a statement on its website, said it "is disappointed in the results, but accepts the decision and is studying it for operational implications."

The statement also comes with a warning to ratepayers.

"The decision suggested a utility must shirt more from the management of risks to the reduction and elimination of risks within its system.... This may be a very financially onerous task."

MATT KIELTYKA/METRO

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Langley. Charges laid in Taylor Johnson murder

The Integrated Homicide Investigation Team (IHIT) has arrested and charged a 23-year-old man in the February shooting death of 21-year-old Taylor Johnson in a Langley home.

Jesse River Hill has been charged with second-degree murder with a firearm, breaking and entering, wearing a disguise with intent and discharging a firearm with intent.

IHIT believes the crime was motivated by a grow-op that was inside the house that Johnson was looking after at the time.

"Investigators do not believe that Taylor and the accused knew each other," said Sgt. Jennifer Pound in a statement.

"This shooting was a random senseless act that has left a family devastated and a community asking, 'why Taylor?'"

Pound said Taylor was a "good kid" with no criminal record who made a naïve decision that tragically cost him his life. **KATE WEBB/METRO**

North Vancouver

Student robbed at knife point

A North Vancouver high school student was robbed at knife point on a trail in Lynn Valley's Hunter Park before school Wednesday morning, police say.

The balaclava-clad thief confronted the teen with a knife before stealing his backpack around 8:30 a.m., according to North Vancouver RCMP. **EMILY JACKSON/METRO**

Richmond

RCMP bust 'dial-a-dope' operation

Mounties have arrested two Richmond men for allegedly dealing crack cocaine and heroin using the same method as a pizza delivery service.

The "dial a dope" trafficking involved addicts calling a drug line to place an order, which would then be delivered to their location. **EMILY JACKSON/METRO**

Right By You raising funds to prevent youth suicides

Getting the right help. B.C. Coroners report shows access to health services isn't enough

MATT KIELTYKA
matt.kieltyka@metronews.ca

Canada is at a point where youth suicide can no longer be ignored.

The tragic stories surrounding the deaths of B.C.'s Amanda Todd and Nova Scotia's Rehtaeh Parsons have illustrated the need for increased youth-suicide prevention initiatives and programs to address the second-leading cause of death of people under the age of 18, said Amanda Kathleen Slaunwhite, a Victoria community action team volunteer for Partners for Mental Health.

"We're on the cusp of having a major policy dialogue," she said. "Those unfortunate events have given society a wake-up call that this is a very significant issue and we're losing young people who should be in their prime."

Partners for Mental Health launched the "Right By You" campaign Thursday, urging the federal government to invest $100 million over four years into the National Youth Suicide Prevention Fund.

Last week, the B.C. Coroners Service Child Death Review Panel released its review into child and youth suicide, finding that 57 per cent of the 91 youth (under the age of 18) who committed suicide between 2008 and 2012 had received mental-health services at some point in their life.

"Just because they've had contact with services doesn't mean we know young people are having their needs met," said Slaunwhite, a researcher at the Centre for Addictions Research of B.C. "My sense is there's a lot of frustration out of parents in Victoria when it comes to obtaining services for youth."

Amanda Todd's death has sparked a conversation about youth suicide. METRO FILE

It can take a youth anywhere from six to 12 months to get the services they need, Slaunwhite says.

Even worse, she says, is the 43 per cent that never contacted health providers.

"That is quite alarming," she said, echoing the panel's recommendation for more accessible, local services; whether it's through the health-care system or programming available directly at schools.

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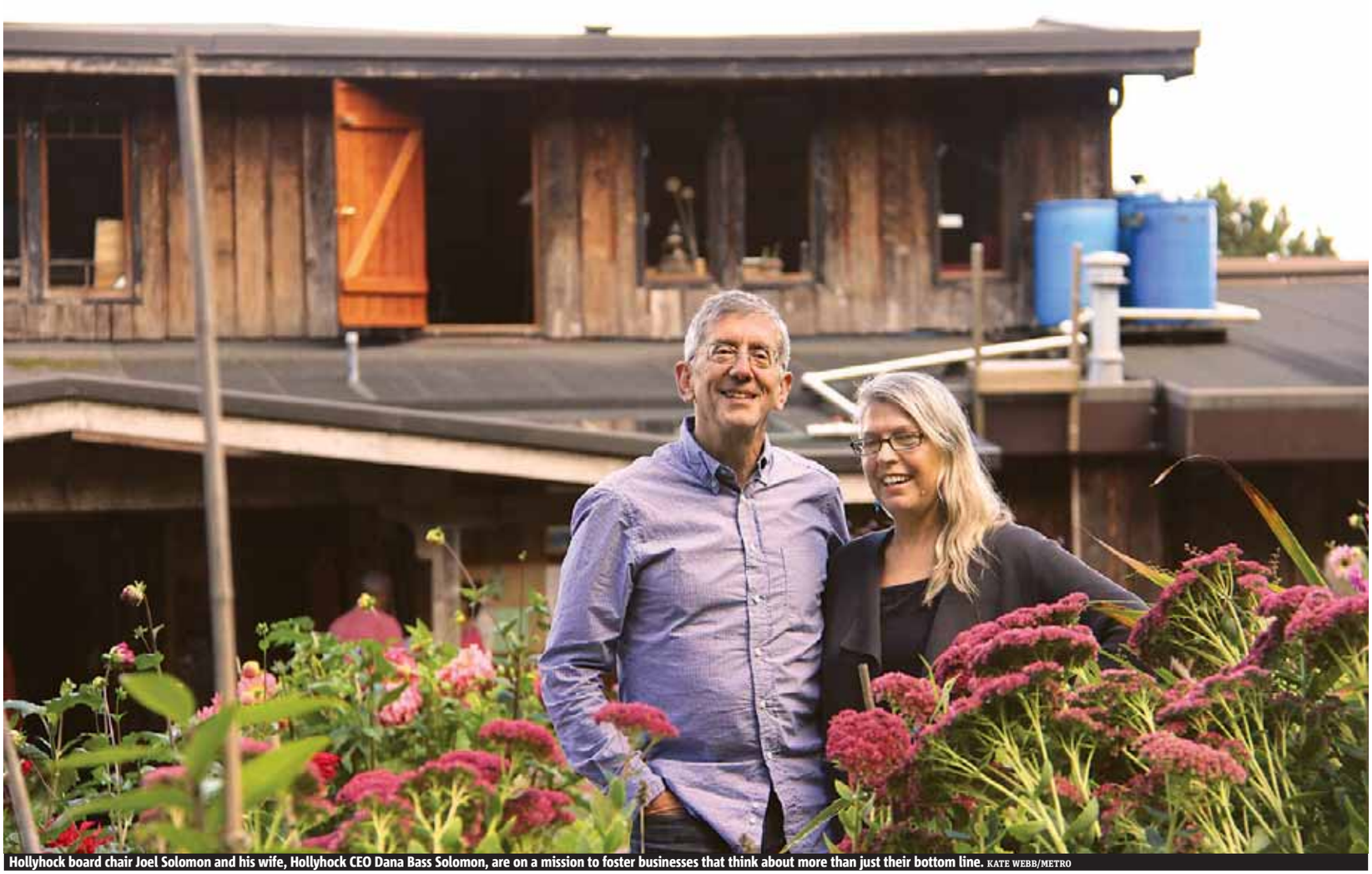

Hollyhock board chair Joel Solomon and his wife, Hollyhock CEO Dana Bass Solomon, are on a mission to foster businesses that think about more than just their bottom line. KATE WEBB/METRO

How the mayor's BFF is changing the way people do business

Social Venture Institute. Multimillionaire looks beyond profit

KATE WEBB
kate.webb@metronews.ca

Lounging on a cushion of pillows upstairs at the Hollyhock centre on Cortes Island, multimillionaire investor Joel Solomon holds court, offering a series of one-on-one business-strategy consultations to as many eager entrepreneurs as he can manage.

It is the second-last day of summer, and 150 small-enterprise leaders and venture capitalists have gathered at the windswept beach retreat for the 18th annual Social Venture Institute (SVI), which is like sleep-away camp for grown-ups who want to change the world through business, charities and non-profits.

"There have always been businesspeople who were caring, good citizens and did things like hand out jackets in the winter and give to charity," Solomon explains in between bites of a vegetarian lunch yielded by the sprawling gardens outside.

"What's new is a focused effort to bring more values back into the business equation and bring more enterprise skill sets into the non-profit equation."

This "hybrid zone," as he calls it, has been gaining momentum for the last 30 years and hinges on the concept of the triple bottom line (3BL).

Such 3BL organizations prioritize "people, planet and profit." That means that in addition to balancing their books, they also consider the social and environmental costs of doing business so that they don't get passed on to the rest of society.

For example, if a corporation shows a monetary profit but its asbestos mine causes hundreds of deaths and its uranium mine pollutes a river and lowers land values, the government might end up spending millions on healthcare and river clean-up.

Triple-bottom-line businesses and non-profits must yield to such externalities. They might mitigate their impacts by finding ways to eliminate toxic by-products, reducing carbon emissions, paying employees a living wage or creating jobs for people with barriers to employment.

The politics of Hollyhock

Solomon, who built his fortune by investing in natural and organic food companies after inheriting $50,000 as a young adult, was among Mayor Gregor Robertson's earliest and most important financial backers in his first successful run for city hall in 2008. He also supported Robertson's successful nomination in 2004 to represent the B.C. NDP in Victoria.

As such, he has had no shortage of political detractors.

The Tennessee native is a well-known supporter of both the federal and provincial NDP. He and the so-called "Hollyhock mafia" — as his associates were dubbed in 2010 by conservative pundit Mike Klassen — pooled and fundraised about $300,000, or 20 per cent, of Robertson's total campaign budget for his first mayoral run but only a fraction of that for his second run in 2011.

A front-page feature in the National Post in 2010 took aim at Solomon's ties to the social and environmental Tides Foundation and SVI's more rabble-rousing cousin, Hollyhock's Social Change Institute, which provides networking opportunities for activists.

Blogger Alex Tsakumis wrote at the time that the "Tides Foundation has some very long, strong tentacles into all sorts of businesses that all support (Robertson's) Vision Vancouver (party)," but repeated audits of Tides by the Canada Revenue Agency have found no evidence of financial misconduct.

Cross-partisan pollination

Solomon, 57, has been a close friend of Robertson, a former NDP MLA, for 15 years.

He readily admits that Hollyhock, where he and the mayor have been known to hang out, tends to attract a more progressive crowd but insists that social ventures appeal to people across the political spectrum.

"Credibility is growing. There's real business here," he

says. "Conservatives care about people, too."

Dominic Mishio, a young card-carrying member of the federal Conservative Party who was mentored by Preston Manning, travelled to Hollyhock from Leduc, Alta., where he is a two-term city councillor.

Mishio says triple-bottom-line accounting could help further the Conservative agenda in many ways. For example, it could undermine the conditions that spur unions. He argues that if corporations voluntarily paid fair wages, offered good benefits and were environmentally responsible, unions wouldn't have much to fight for.

"Imagine that," he says, "if Walmart was the one leading the charge on what a minimum wage should be … I think it would be far better if that was led through corporations rather than the government."

Alabama native and hotel magnate Julian MacQueen owns a U.S. chain with half a billion dollars in assets and flew into SVI in his private vintage plane.

Prior to 2010, he says he would have described himself as an apathetic Independent who had voted both Republican and Democrat — but that was before the BP oil spill wreaked havoc on several of his beachfront Florida properties.

"I saw 35 years of building a company up with lots of employees just die overnight," says the CEO of Innisfree Hotels. "That was a pivotal moment, and now we've adopted a triple-bottom-line philosophy and we've brought in trainers to help us understand what that means and how we can be good stewards of that."

Cortes Island is famous for its oysters, which are served raw on the beach to guests at Hollyhock. KATE WEBB/METRO

Vancouver's Fresh Roots Urban Farm co-founders Ilana Labow and Marc Schutzbank listen to audience feedback after presenting their non-profit as a case study. KATE WEBB/METRO

SVI: The social venture incubator

There can be no question that SVI and Hollyhock are as much about social bonding as they are lectures, meetings and workshops.

SVI has a reputation for wild parties and hot tubs. There is a trampoline. There was an engagement this year. The lines get very blurred between where the socializing ends and the business dealings begin.

Solomon, who is slight, bespectacled and full of energy, is described by one participant as a "social conductor." He flits from room to room, matching people up with experts and potential allies and helping to make everyone feel comfortable.

Morning and afternoon sessions centre on case studies in which selected social entrepreneurs present their biggest challenges in an atmosphere of strict confidentiality and brutal honesty.

Over the course of five days, career paths change, ambitious projects are conceived and sometimes multimillion-dollar deals are forged.

Jayne Stoyles, an Ottawa lawyer who helps survivors of torture prosecute those who harmed them, got the idea at SVI five years ago to found a legal-training business to help other lawyers prosecute war criminals, which she is launching this fall.

Last year, representatives of credit union Vancity met Karen Joseph at SVI and ended up co-founding Reconciliation Canada, the non-profit of which Joseph is now executive director.

Vancity has since contributed three-quarters of a million dollars to the organization, which holds events designed to engage British Columbians in reconciling with aboriginal survivors of residential schools — including the Walk for Reconciliation on Sept. 21 that drew 70,000 people in Vancouver.

Changing minds

Cory LePage, one of the expert panelists at SVI, made his fortune in engineering and design consulting for the steel-fabrication industry. He was working in Alberta for companies linked to oilsands and mining giants such as Suncor, Syncrude and Shell.

But when the financial crisis hit in 2008 and all his contracts dried up, he had to let his entire staff go. That was when he started digging deep and reassessing his life. He eventually started taking courses to become a life coach.

The Green Party supporter says he first heard of the term "triple bottom line" at Hollyhock in 2011 and now believes it is a concept every business and entrepreneur should adopt — or risk falling behind.

"The holistic human, no matter what their political spectrum, they all kind of want the same things. Community and connection is a huge one," says LePage.

"That's what this offers, and it's from that connected place that you have an opportunity for people to change their minds and broaden their view of things."

Tory supporter Mishio, 28, says in his view the social venture movement is primed to become increasingly influential in diverse business circles across the country.

He is currently the Canadian director for the Global Poverty Project, which aims to end extreme global poverty within a generation.

"The greatest victory for social venture is when it's just called venture and you don't need to add that extra 'social venture' side," he says.

"The more success that they have and the more that they become the norm and the mainstream, the more that corporations are going to act like this and think that it's a positive, good result for the world."

The path to now

History of Hollyhock retreat

The Hollyhock centre is a registered charity on Cortes Island, 160 kilometres northwest of Vancouver. KATE WEBB/METRO

Hollyhock was founded on the grounds of the former Cold Mountain Institute in 1982 by a group of activists from Greenpeace and the Humanistic Psychology Association, led by Rex Weyler and Shivon Robinsong.

Their vision was to educate visitors holistically so they would become better people, creating better organizations and a better world.

Joel Solomon became a partner in 1984 and in 1997 he met his future wife Dana Bass Solomon there. She became the CEO in 2000, and they married in 2003.

Eventually all 30 owners donated their shares of the property, and in 2010 Hollyhock's Leadership Institute became a registered charity.

Programs currently being offered include culinary arts, dance, health and healing, indigenous wisdom, leadership, meditation, music, writing, photography, personal development, relationships and science and spirituality.

KATE WEBB/METRO

On the web

To see more photos of Hollyhock and the 18th annual Social Venture Institute, visit metronews.ca and search "Hollyhock."

Organizers of female-only surf contest in B.C. look to go global

World stage. Officials behind the Queen of the Peak surfing championship in Tofino hoping to create a higher-profile event

For the fourth straight year, dozens of women will climb into neoprene wetsuits this weekend, pull on their booties and gloves and paddle out into the cold, dark waves off Vancouver Island's west coast for a chance at becoming the country's best female surfer and claiming a top prize of $1,500.

Quietly, behind the scenes, though, organizers of the Queen of the Peak surfing championship in Tofino have been talking to the sport's world-governing body, hoping to create a higher-profile, women's-only professional event that would boast a prize purse worth tens of thousands of dollars and attract competitors from around the world.

The new contest would run separately from the Queen of the Peak, which organizers say would likely turn into a local qualifier, and become the first-ever, female-only surfing contest sanctioned by the Association of Surfing Professionals in Canada.

It would also mark the organization's return to B.C.

Tofino surfer Peter Devries won the local leg of the association-sanctioned O'Neill Coldwater Classic in 2009 and gave a solid performance in 2010 before the event shut down.

"We have experience with the venue, which we're super fond of and supportive of the surfing scene in Tofino, and the quality and variety of the waves up there and the consistency of swell," said Brian Robbins, tour manager for ASP North America.

But he noted any sanctioned contest would have to take place at the right time of year: "I mean we wouldn't be so interested in coming up there to surf in the snow."

Since association competitions are independently produced, local organizers would need to take care of the logistics, raising cash for the prize purse and judges' fees, as well as computer scoring, webcasting and media, he said.

Robbins said the prize purse for a six-star qualifying event for the ASP Women's World Championship Tour is $40,000.

Pulling off an ASP competition isn't impossible, though. Tofino has already hosted one, and competitions take place regularly in places that are even more remote than the west coast of Vancouver Island. THE CANADIAN PRESS

A competitor takes part in the Queen of the Peak surfing competition in Tofino in 2012.
JON DEWALD/HANDOUT/THE CANADIAN PRESS

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Friend, sister say murder victim was a drug runner

A bright line slices through the popular narrative of the killings of six people in a 15th-floor condo near Vancouver six years ago.

On one side are the two innocent bystanders — 22-year-old building resident Chris Mohan and 55-year-old gas fitter Ed Schellenberg — who were simply in the wrong place at the wrong time.

And then there are the not-so-innocent ones: a group of four young men who the police and Crown say were linked to the drug trade, including a 21-year-old alleged trafficker named Corey Lal, who, prosecutors allege, was the intended target of the killing.

Details about the four, including their ties to drugs, have trickled out during the first week of the trial of three alleged gangsters charged in their murders. Three of them have been described as friends, while the fourth was an older brother. The youngest was 19; the oldest, 26.

Among them was Ryan Bartolomeo, a 19-year-old who lived with his mother in Surrey, frequently stayed home playing video games, and, according to a friend and his own sister, was involved in selling drugs, the trial heard.

Katie Bott, who described herself as a close friend who spoke with Bartolomeo almost every day, said she knew Bartolomeo made his money in the drug trade. Shortly after the murders, she told police Bartolomeo was a drug runner.

"I had seen him with drugs and he put it in a duffel bag or a bag and he would drop it off," Bott testified Thursday.

Defence lawyer Simon Buck objected to Bott's claims about Bartolomeo's alleged involvement in the drug trade. Buck attempted to raise similar doubts earlier in the trial when Corey Lal's sister and former girlfriend suggested he also had links to drugs. THE CANADIAN PRESS

Health impact

Province to fund study on liquefied gas emissions

The B.C. government says it will fund a $650,000-study to look at the environmental and health impacts of liquefied-natural-gas emissions in the northwestern city of Kitimat, where three LNG terminals have been proposed.

A government news release says the study will assess sulphur-dioxide and nitrogen-dioxide emissions from an existing aluminium smelter, the proposed LNG terminals, a proposed oil refinery, a crude-oil export facility, and gas-turbine-powered electrical generation facilities.

A contractor will also collect surface water and soil samples for analysis.

Premier Christy Clark has pledged to develop the world's cleanest LNG, an industry that she has touted will represent a trillion-dollar economic opportunity and will create 100,000 jobs for British Columbians. THE CANADIAN PRESS

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A wrecked Capitol Police car blocks the street following a shooting on Capitol Hill in Washington on Thursday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Woman shot dead in D.C. ramming spree

White House to Capitol Hill. Driver tried to break through security with an infant inside the vehicle

A woman with a year-old child led Secret Service and police on a harrowing car chase from the White House past the Capitol on Thursday, attempting to penetrate the security barriers at both national landmarks before she was shot to death, police said. The child survived.

"I'm pretty confident this was not an accident," said Metropolitan Police Chief Cathy Lanier. Still, Capitol Police said there appeared to be no terrorist link.

The woman was apparently unarmed.

Tourists, congressional staff and even some senators watched as a caravan of law-enforcement vehicles chased a car down the street outside the Capitol.

House and Senate lawmakers, inside debating how to end a government shutdown, briefly shuttered their chambers as Capitol Police shut down the building.

Police open fire

"There were multiple shots fired, and the air was filled with gunpowder."

Witness Berin Szoka, whose office overlooks the shooting scene

The woman's car at one point had been surrounded by police cars and she managed to escape, careening around a traffic circle and past the north side of the Capitol.

Video shot by a TV cameraman showed police pointing firearms at her car before she rammed a Secret Service vehicle and continued driving. Lanier said police shot and killed her a block northeast of the historic building.

One Secret Service member and a veteran of the Capitol Police were injured.

THE ASSOCIATED PRESS

Americans learn that, yeah, the feds run a whole bunch of stuff

Tourists take photos of the Statue of Liberty from a tour boat on Thursday. The statue is currently closed. MARK LENNIHAN/THE ASSOCIATED PRESS

Americans are finding their lives upended in startling ways by the government shutdown now in its third day. Weddings are in peril, vacations are ruined and a farmer can't even cash a cheque.

The federal government, people are learning, comprises a lot more than the stereotypical faceless bureaucrat.

About 800,000 of those workers, from tax agents to janitors, are bearing the brunt of the shutdown, forced to stay home without pay.

Two dozen October weddings, including nine this week, are in jeopardy because they're scheduled for closed-off monument sites in Washington. The same was true for a couple planning to marry at the Grand Canyon.

Or consider the Wisconsin farmer who can't cash a cheque for a cow he sold. Ben Brancel, the state's agriculture secretary, said that because the farmer has a federal loan, he can't cash the cheque without a signature from a Farm Service Agency official.

American Indian tribes, who rely more heavily on federal subsidies, are coping with disrupted services including foster-care payments, nutrition programs and financial assistance for the needy.

Also taking a hit is the federal Head Start program that provides pre-school, meals and health care to more than a million low-income children a year.

Aspiring home owners applying for a mortgage can expect delays, especially if the shutdown is prolonged.

One possible silver lining: The whole thing could serve as a teachable moment for all those people who tell pollsters they want budget cuts — as long as they aren't directly affected. THE ASSOCIATED PRESS

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Calgary doctor proves poop pills not load of crap

Not ready for mass production. Each patient administered own set of capsules

Dr. Thomas Louie with stool pills in his lab in Calgary last month. JEFF MCINTOSH/THE CANADIAN PRESS

Forget the enema bag and the tube that snakes down the throat to the intestines. The future of treatment for persistent C. difficile infections may come in pill form.

A Calgary doctor who has been treating difficult-to-cure C. difficile for years with fecal transplants is reporting he has created what are in essence poop pills — and they do the trick.

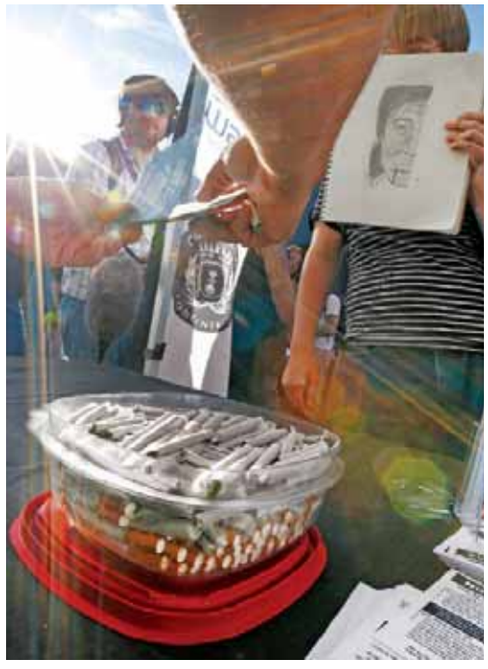
Infectious diseases expert Dr. Tom Louie, a pioneer in the use of fecal transplants for C. difficile in Canada, has treated 27 patients with his handmade pills, and all 27 were cleared of their infections.

"They came in for lunch on an empty stomach … and took 24 to 30 pills on average," Louie, said of the regimen, which he described to fellow scientists at the IDWeek conference in San Francisco on Thursday.

Louie, who teaches at the University of Calgary, said he saw no side effects, and the regime was well tolerated by patients.

Other physicians who treat recurrent Clostridium difficile with fecal transplants called the development good progress towards a day when there may be ready-to-use pills.

Louie said he is working with collaborators in Britain to try to determine which bacteria are key to re-establishing a healthy balance in the gut, with the aim of moving to a pill treatment that wouldn't have to be tailor-made for each patient. THE CANADIAN PRESS



Proposed pot tax too high?

A marijuana activist checks IDs and hands out free marijuana joints Wednesday at a rally outside a pro pot-tax fundraiser in Denver. The rally criticized Colorado's proposed 25 per cent tax on recreational marijuana as too steep. Retail pot sales are set to begin in Colorado on Jan. 1. BRENNAN LINSLE/THE ASSOCIATED PRESS

Oilsands. Mulcair slams Alberta government for seeking to silence critics

Federal NDP Leader Thomas Mulcair says a judge's finding that Alberta's Environment Department has been covertly working to silence oilsands critics reinforces cynicism that the province's approval process for projects is rigged.

"To have a judge come out so clearly and to say that there's an absolute breach of the fundamental rules of natural justice in the process simply reinforces the perception of a lot of Canadians in general — and a lot of Albertans in particular — that the dice have been loaded," Mulcair said Thursday after meetings at the University of Alberta.

On Tuesday, Court of Queen's Bench Justice Richard Marceau said Environment Department bureaucrats contravened their own laws by enacting a shadow policy in 2009 to stop the Oil Sands Environmental Coalition from speaking to reviews of proposed oilsands operations.

Marceau, in his ruling, pointed to a 2009 briefing note from the department's northern region director to the top bureaucrat in the department at the time, deputy minister Jim Ellis. The note said that while the coalition had been given standing in previous oilsands hearings, that should stop.

The director, who is not named in Marceau's judgment, suggested the coalition be rejected on the grounds it is not directly affected by the oilsands operations. Marceau found that in June 2012 the director indeed used those grounds to reject the coalition's application for standing on a Southern Pacific Resource Corp. oilsands in situ drilling operation south of Fort MacKay. THE CANADIAN PRESS

Quoted

"It's a very damning analysis of what's been going on here."

Federal NDP Leader Thomas Mulcair, speaking to reporters after meetings at the University of Alberta on Thursday.

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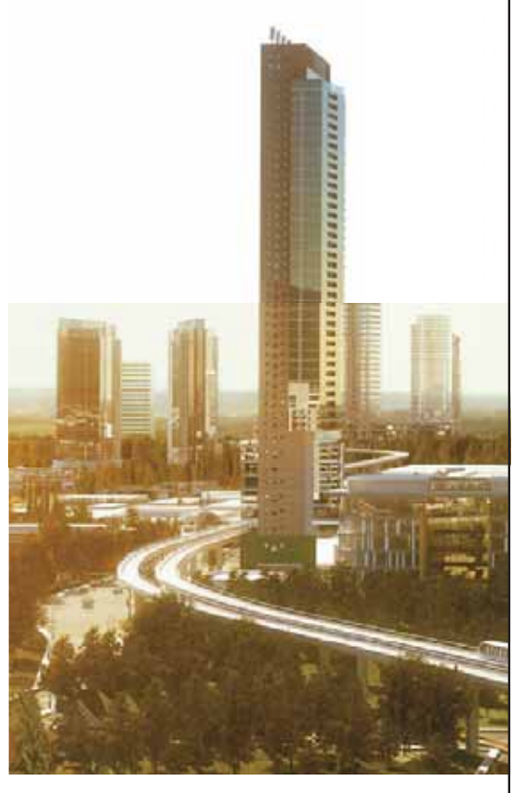

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Peace activist Audrey Tobias, 89, steps out of a Toronto court to speak with journalists Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Census protester won't back down, pleads not guilty

'I am ashamed of my prime minister.' 89-year-old objects to U.S. company's involvement in Canadian process; Crown says no lawful excuse for refusal

A defiant octogenarian pleaded not guilty Thursday to criminal charges arising out of her refusal to fill out the 2011 census, and said she would not pay any fine if convicted.

Audrey Tobias, 89, of Toronto, told an Ontario court she agreed with the aims of the census, but objected to the involvement of American arms behemoth Lockheed Martin.

"When I learned that the contract for the information technology was being given to a foreign company, I was shocked," Tobias testified.

"I am ashamed of my prime minister … who ultimately made the decision. Because of that, I couldn't fill it in."

Tobias is charged with violating the Statistics Act.

The defence maintained that forcing her to complete the census would violate her freedoms of conscience and free expression.

Judge Ramez Khawly was clearly skeptical as lawyer Peter Rosenthal made his arguments, and wondered aloud what would happen if the court sent a "signal" that it was OK to opt out of the census.

The Crown said Tobias had no lawful excuse for her refusal.

Tobias said she was unconcerned about the consequences of a conviction, which carries a maximum three months in prison.

"I'm not worried; we'll take it as it comes," she said during a break in the proceedings.

THE CANADIAN PRESS

Quoted

"Of course, I would not pay (a) fine — that would be an admission of guilt." Audrey Tobias

Two Canadians, entire Greenpeace crew charged

Two Canadians are among those facing prosecution after Russian investigators say they charged the entire crew of the Greenpeace ship Arctic Sunrise with piracy for a protest at a Russian oil platform.

The crew includes Alexandre Paul of Montreal and Paul Ruzycki of Port Colborne, Ont., and the charge they both face can result in a 15-year prison term upon conviction.

Greenpeace denies any wrongdoing and describes the charges as absurd. The mother of one of the Canadians says they make no sense.

"I think we can agree that piracy involves weapons and taking control of another vessel. Greenpeace did nothing like that," Paul's mother, Nicole Paul, said in a phone interview from Pike River, Que.

Nicole Paul said her son has travelled the globe the last seven years to defend his ideals and that he once spent a night in prison in Scotland before being released without charge.

"Nothing has ever happened like this. They're being treated like terrorists."

She said the activists were protesting peacefully.

In Russia, the Investigative Committee said in a statement that the piracy charge was filed Thursday against 16 members of the crew, including a prominent Russian freelance photographer. The crew's other 14 members were similarly charged Wednesday.

THE CANADIAN PRESS

In this photo taken Wednesday, the Russian Investigative Committee inspects the Arctic Sunrise near Murmansk, Russia.

DMITRI SHAROMOV/GREENPEACE/THE ASSOCIATED PRESS

Foreign affairs

A Canadian Foreign Affairs Department spokesman said the government is aware of the situation involving the two Canadians and consular services were being provided "as required."

Cyber attacks

13 members of Anonymous indicted

A federal grand jury has indicted 13 members of the Internet hacking group Anonymous for allegedly carrying out cyber attacks against websites worldwide.

The members are accused of targeting governments, law firms, financial institutions and other institutions. The indictment says victims of the attacks range from the Recording Industry Association of America to MasterCard.

THE ASSOCIATED PRESS

North of Toronto

Police investigate after 6 severed cat heads found

Cat owners in a community north of Toronto are being warned to keep their pets indoors after a number of severed cat heads were found.

York Regional Police said Thursday there have been six recent incidents in Whitchurch-Stouffville where heads and, in one case, other body parts of a dismembered cat were found in public locations.

Investigators don't know what the motive behind the dismemberments could be, said Const. Andy Pattenden.

But he said it's believed the dismemberments were done intentionally, adding the heads were all placed within a one-kilometre area in residential neighbourhoods.

The first incident was reported Aug. 12 when a head and two legs were found near a daycare centre. Five other cat heads were found during the next few weeks, with one being found near a school, and the last incident was reported on Sept. 13, when a homeowner found her cat's head in front of her residence.

THE CANADIAN PRESS

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Arctic. Russia restoring Siberian military base to protect shipping routes

President Vladimir Putin pledged Thursday that Russia will expand its presence in the Arctic, adding that work is underway to restore a major Soviet-era military base there.

Speaking at a meeting with activists of the main Kremlin party, United Russia, Putin said the Arctic region is essential for Russia's economic and security interests.

Putin said the Russian military has been restoring a Soviet-era military base on the New Siberian Islands; key for protecting shipping routes that link Europe with the Pacific region across the Arctic. THE ASSOCIATED PRESS

Russia's Vladimir Putin GETTY IMAGES

Athens, Greece

Golden Dawn leaders held

The head of Greece's Nazi-inspired Golden Dawn party and one of his parliamentarians were locked up in a maximum-security Athens prison Thursday.

Judges ordered their detention pending trial on charges of running a criminal organization.

Nikos Michaloliakos and Yiannis Lagos will be held in a secluded section of the Korydallos Prison women's section. There are widespread accusations the party organizes attacks on immigrants, political opponents and gays. THE ASSOCIATED PRESS

Hundreds dead, missing as migrant ship sinks off Italy

Tragedy. Boat carried nearly 500 from Eritrea, Ghana and Somalia; only three of the 100 women were rescued, no children

A man is carried off an ambulance at a hospital after being rescued. ALESSANDRO FUCARINI/THE ASSOCIATED PRESS

It was the third ship of the night to head toward the tiny Italian island of Lampedusa packed to the brim with migrants seeking a better life in Europe. The first, filled with Syrians, arrived about 10 p.m. The second, carrying Eritreans, slipped in at 2 a.m. The third never reached the shore.

At least 114 people died and at least 200 were still unaccounted for late Thursday after a crowded fishing boat carrying African migrants from Tripoli caught fire, flipped over and sank.

In the dark of night, hundreds of men, women and children who didn't know how to swim were flung into the sea about a half-mile from Lampedusa. Between 450 and 500 people were believed to be on board; only 159 were rescued.

After the boat started taking on water, someone on board set a fire to get the attention of passing ships. The flames spread and panicked passengers surged to one side to avoid the fire. The 20 metre vessel the capsized.

'Only the strongest survived'

"We need only caskets, certainly not ambulances." Pietro Bartolo, chief of Lampedusa health services.

Pietro Bartolo, of Lampedusa, said the death toll would certainly rise as search operations continued. "It's an immense tragedy," said Giusi Nicolini, mayor of Lampedusa. THE ASSOCIATED PRESS

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Debbie Favero:
Sharing sea of info

STEPHANIE ORFORD
For Metro

Debbie Favero didn't know much about the ocean six years ago. But following a visit to the Vancouver Aquarium with her sister and niece, she took the plunge and signed up to become a volunteer. Fast-forward 2,250 volunteer hours and countless sea cucumber show-and-tells later, and Favero is one of the aquatic centre's most dedicated volunteers.

"I knew nothing about marine life other than that I loved the aquarium, and now I'm actually teaching about it," she said.

Favero works one to three full days per week in any and every role at the aquarium where she is needed. One of her favourite duties is working with the Aquavan, a travelling, touchable museum of marine curiosities.

The van is a treasure trove. Onlookers get the chance to handle shark jaws, whale teeth, turtle shells, baleen, and smaller sea life such as sea stars, sea urchins, sea cucumbers, and crabs, which Favero and the team transport in a mobile aquarium.

"Debbie always made sure every child had the opportunity to touch a sea creature … I could always count on her," said Jonathan Hultquist, manager of public programs at the aquarium. "From puppeteering to training volunteers, Debbie always had a smile and engaged with children in an authentic way."

Favero, who has three university-aged children herself, said, "I enjoy the smiles and the looks in kids' eyes when you make that connection and you show them something they've never seen or done before."

Many people come into the aquarium having lived by the ocean all their lives, yet they don't know basic facts about it, she said.

"All their life they've thought one thing and you tell them something different and they say, 'Really?'"

That sense of insatiable curiosity defines the aquarium culture.

"No question is a bad question," Favero said. "I've never had someone say, 'I'm too busy.' If nobody knows the answer, they find the answer."

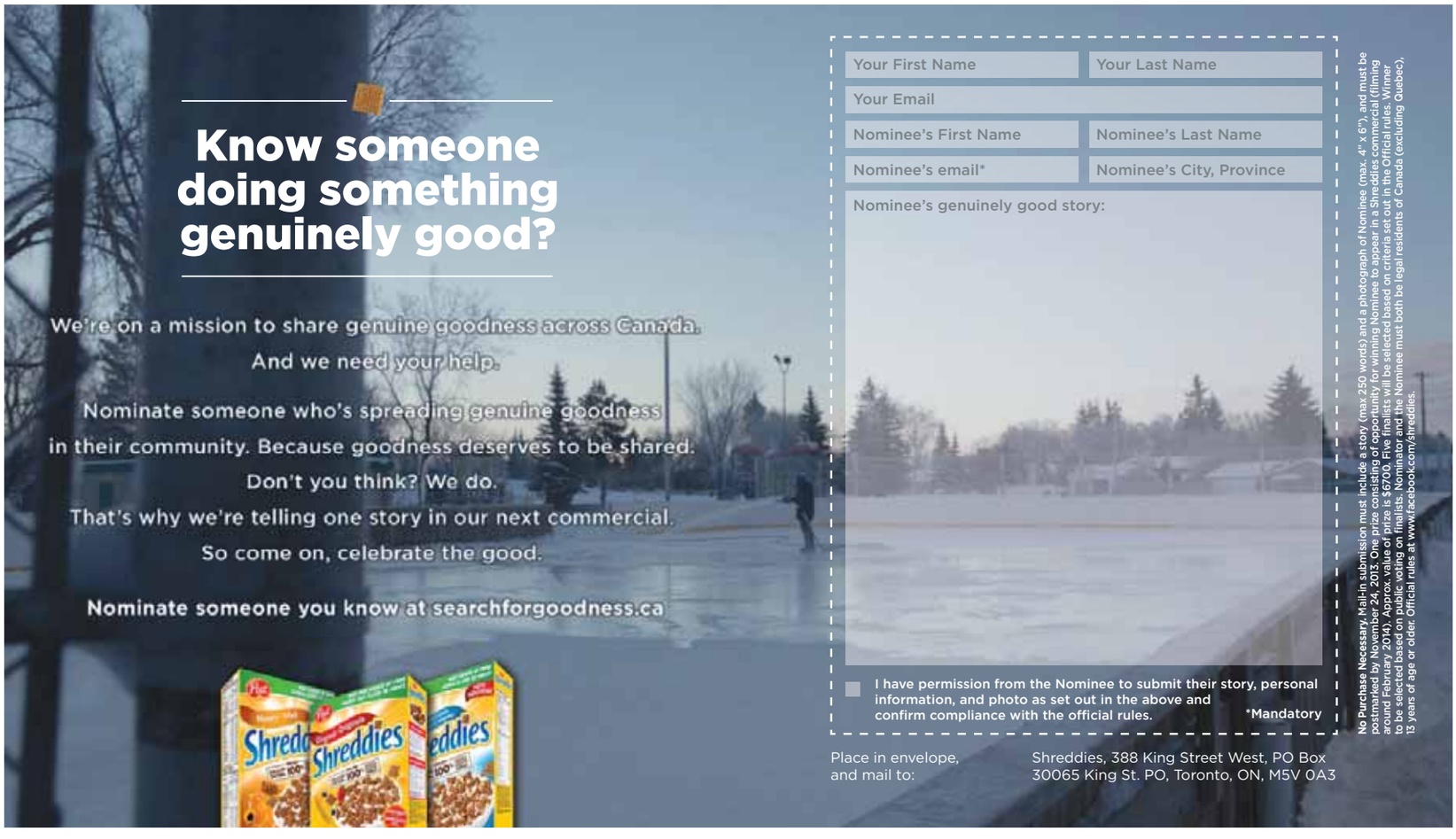
Favero is a very special person, said Lindsay Baker, volunteer services manager at the aquarium.

"She's one of those people that you can call on and she'll make every effort to be there if she can. She's someone the other volunteers really look up to and emulate."

Favero wouldn't have it any other way.

"Most people at the aquarium have that passion for what they do, and it's really inspiring to be with people like that. It's catchy. It makes me feel almost like a kid again."

One of Debbie Favero's favourite duties is working with the Aquavan, a travelling, touchable museum of marine curiosities and sea life. CONTRIBUTED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The art of making a razor for the developing world

Marketing. In India, designing a relevant product meant going into people's homes to watch them shave

Gillette has sold razors in India for more than a decade. But the Gillette Guard, a low-cost razor designed for India and other emerging markets, quickly gained market share after it was introduced three years ago and today represents two out of every three razors sold in India. THE ASSOCIATED PRESS FILE

Procter & Gamble executives say it was striking the first time they witnessed a man shave while sitting barefoot on the floor in a tiny hut in India. He had no electricity, no running water and no mirror.

The 20 U.S.-based executives observed the man in 2008 during one of 300 visits they made to homes in rural India. The goal? To gain insights they could use to develop a new razor for India.

"That, for me, was a big 'a-ha,'" said Alberto Carvalho, vice-president, global Gillette, a unit of P&G. "I had never seen people shaving like that."

The visits kicked off the 18 months it took to develop Gillette Guard, a low-cost razor designed for India and other emerging markets.

Introduced three years ago, Guard quickly gained market share and today represents two out of every three razors sold in India. The story of how Guard came to be illustrates the balance companies must strike when creating products for emerging markets: It's not as simple as slapping a foreign label on an American product.

To successfully sell products overseas, particularly in developing markets, companies must tweak them so they're relevant to the people who live there. And often, that means rethinking everything from the product's design to its cost.

More companies will have to consider this balancing act as they increasingly move into emerging markets such as India, China and Brazil to offset slower growth in developed regions such as the U.S.

For its part, P&G has doubled the percentage of its roughly $20 billion in annual revenue coming from emerging markets since 2000 to about 40 per cent. Ali Dibadj, a Bernstein analyst who follows P&G, said the Guard razor, which has been used by more than 50 million men in India, serves as a road map for companies seeking to court emerging markets.

THE ASSOCIATED PRESS

Quoted

"It made P&G realize how much investment it really takes to be successful in India."

Bernstein analyst Ali Dibadj

Market Minute

DOLLAR 96.84¢ (+0.05¢)

Natural gas: $3.51 US (-3¢)
Dow Jones: 14,996.48 (-136.66)

TSX 12,735.12 (-103.88)

OIL $103.31 US (-79¢)

GOLD $1,317.60 US (-$3.10)

Music streaming

Rdio launches free mobile listening

Digital music service Rdio launched its free Internet radio service in the U.S. and Canada on Thursday. For now, the app that works on Apple and Android devices won't play ads between the songs that are randomly picked based on genres, artists, songs or albums. The company hopes nonpaying listeners will sign up for a $10-a-month subscription that adds features like the ability to pick and choose exact songs and albums.

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Richport FORD
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Self worth is not measured by accolades but by being able to look in the mirror & smile.
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LIFE HAPPENS BETWEEN COMMERCIALS

THE METRO LIST
Paul Sullivan
metronews.ca

It's time to gather around the virtual water cooler for this week's Metro List. Here goes:

1 **Shutdown rerun.** Is the U.S. government really shut down, or is this just an uncanny re-enactment of a 2003 episode of The West Wing, called, naturally, Shutdown? Let's hope life imitates art and they get this thing solved before the commercial break.

2 **True patriot love for everyone.** Not just all "thy sons," as in O Canada. Prominent Canadians Margaret Atwood and former PM-for-a-day Kim Campbell want to change the national anthem to "true patriot love in all of us command." Benefits: gender neutrality and one less "thy." Drawbacks: it still doesn't make much sense.

3 **Speaking of patriots.** The author of The Hunt for Red October and Patriot Games may have died this week at 66, but Tom Clancy the brand lives on. His 17th novel, Command Authority, is due out in time for Christmas, and there's a new movie — Shadow One — featuring his main character Jack Ryan, due for release at the same time. The former insurance salesman had 100 million books in print and left a fortune worth US$300 million on the strength of a single plot line: America wins. It's fiction, after all.

4 **50 shades of red in the face.** Believe it or not, 52,500 people (so far) have signed a petition protesting the selection of screen newcomers Dakota Johnson and Charlie Hunnam to play the heroine and hero of turgid bondage fantasy 50 Shades of Grey, preferring Alexis Bledel and Matt Bomer instead. Whoever they are. Fans have even put together fake trailers of the two in the lead roles. Bledel is reported to be flattered and more than a little freaked out to be so honoured. Imagine how Dakota and Charlie feel: What, we're not kinky enough?

5 **Jacques Parizeau, enlightenment philosopher.** Even the politically tone-deaf Parti Québécois must realize it's in trouble when the party's notorious grouch emeritus gives thumbs down to the proposed charter banning religious dress such as burkas and paraphernalia such as kirpans from the public service workplace. Even he, who once blamed "ethnic votes" for losing an election, says it goes too far. Although Parizeau is a former PQ premier, that doesn't cut any ice with party brass, who are all shrugging in harmony. They'll "consider" his comments, says a spokesperson, as well as the other 25,000 comments left on the PQ website.

6 **Well, she's, like, really old or something.** It says something about our health-care system when a hospital sends a 90-year-old blind woman home in a taxi in a rain storm, wrapped in a bed sheet, dressed only in her PJs and slippers, bleeding and alone at 2:30 a.m. Something that cannot be repeated in a family newspaper. B.C.'s Premier Christy Clark expressed concern and Fraser Health authority has apologized to Vivian Fitzpatrick, but really? They should be made to eat hospital food after awakening her at that hour for no reason at all.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Shoo fly don't bother me

ALBERTO GHIZZI PANIZZA/SOLENT

Damselflies hold legs in cute picture

These vividly-coloured damselflies look like they are on a romantic date, seemingly holding each other while cuddling up with a flower.

Italian photographer Alberto Ghizzi Panizza spotted these cute insects near the River Po in the Po Valley, Italy. He took shots of the damselflies shortly after dawn as they rested on wild flowers. METRO

Q and A

'Jostling for a position to rest'

ALBERTO GHIZZI PANIZZA
Photographer, 38, from Parma, Italy

What is their normal behaviour?
They rest alone on flowers to dry their wings which get covered in early morning dew, so the insects are in fact competing for rights to that resting spot. They look like they are affectionately holding 'hands' but in truth the bugs are just jostling for a position to rest.

What does the photograph have to tell us?
Beneath every wildlife photograph is the message that we should always respect nature.

This is a bug's life

- There are 5,000 species of Odonata (damselflies and dragonflies) — the scientific name meaning 'toothed ones' due to the insects' mandibles. They are carnivorous and hunt spiders and tiny fish.
- Odonata look the same as they did in the Jurassic era, about 135 million years ago.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Welcome to Canada Rdio. Er, I mean welcome to Canada free Rdio. With its launch into Canadians' smartphones (Apple and Android only, sorry BlackBerry users), we've dug up what else is out there for your mobile streaming needs — that you haven't already discovered.

IndieShuffle:
Curated by real people who actually know music, discover bands that you — and your cooler friends — have probably never heard of. Available on Apple and Android devices.

The Hype Machine:
Streams music based on what people in specific locations are blogging about so you never have to miss a blogged-about beat. Hype Machine for Apple, UberHype for Android.

Easytune:
Finally something for the BlackBerry user (Hello? Hello? Are you still out there?). Easytune is a free download that lets users stream their favourite jams, create playlists and share with pals. It's relatively new, so give 'em a break while they work out their kinks.

Twitter

@metropicks asked: Have you read Sinead O'Connor's advice to Miley Cyrus? Who else do you think should mentor her?

@buzzbishop: Going to go out on a limb here, but how about ... her parents?

@shillelaghspub: Dean West - the boot camp drill sergeant from Maury for sure lol!

@caitedge: maybe she just needs less people telling her what she needs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Synopsis

This is a spacey story about medical engineer Dr. Ryan Stone (Sandra Bullock) and astronaut Matt Kowalsky (George Clooney). She's an uptight novice; he's a wisecracking vet on his final mission. It's routine stuff until a debris storm, comprised of bits and pieces of old satellites, crashes into their space shuttle. Stone is knocked "off structure" and drifting through the inky darkness while Kowalsky uses his experience and calm to rescue her. The storm has also knocked their communications offline and they are forced to become Space MacGyvers in order to survive.

- Richard: ●●●●○
- Mark: ●●●●○

Sandra Bullock is an uptight novice who gets into serious trouble in Gravity. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The pull of pretty shots

Gravity. A story of isolation is couched in beautiful cinematography

Richard: Mark, Gravity is an ambitious film. From a technical point of view it's a wild outer space adventure, but it is grounded by Ryan Stone's personal story and her search to find meaning in her life. It's not an epic like 2001: A Space Odyssey or an outright horror film like Alien. There are no monsters or face hugging ETs. It's not even a movie about life or death. Instead it is a life-affirming movie about the will to survive. What did you think?

Mark: Richard, I think the movie is about our deepest fear: the fear of being alone. Sandra Bullock is literally adrift and detached from everything and the effect is powerful. It may take place in space but reminded me of films like Castaway and 127 Hours.

RC: It does have a lot in common with those movies, plus some mind-bending special effects. The isolation of space is well portrayed, the "off structure" sequences are tense and effective and the shots of Bullock drifting in the inky darkness or floating through her space shuttle are beautiful, like interstellar ballet. As effective as the human story is in Gravity, however, I could almost imagine turning the sound down and being content to just watch the pictures. Like Laser Floyd in Space. What did you think of Bullock?

MB: She was great; very moving. But it's the cinematography that's the real star. Pure visual poetry. If there were ever a movie that deserved to be seen in 3D IMAX this is it. But the music was kind of overwrought, wasn't it?

RC: It's strange, but I don't really remember the music. There is no sound in space, I guess. For me the movie is all about the visual beauty. The 17-minute-long uninterrupted shot that starts the film is spectacular and overall the look will make your eyeballs dance, although I wonder though if it isn't just a bit too in love with its technique in places. There's a scene where we see Bullock reflected in one of her own, gravity free, tears. It's a great image but one that feels a bit too clever. It was one of the few times in the film that I thought I was watching a special effect.

MB: I noticed the tears too, although I was just grateful she didn't have a runny nose.

Machete Kills opens next Friday. CONTRIBUTED

Machete Kills, but Machete also golfs and rescues dogs

Danny Trejo. Despite his rough exterior, this character actor is just a big old teddy bear

LIZ BROWN
liz.brown@metronews.ca

When Hollywood needs someone to play a badass Mexican, the only guy to call is Danny Trejo.

With his craggy face, pony tail and chest tattoo of a sombrero-clad woman, he's the kind of hombre that would make plump pasty Gringos run back to the border on those loco toe-dipping trips to Tijuana.

And he doesn't just have the look for these roles, he's got the resumé too. Highlights include past drug addiction and multiple stints in prison. He spent time in San Quentin in the 1960s and at one point during a riot threw a rock that struck a prison official — during that time a gas chamber offence.

But he's come a long way from those dark days. The sequel to Machete — his first leading-role film — hits theatres next Friday.

Machete Kills sees Trejo (a.k.a. Machete) in the employ of the quippy U.S. President (Charlie Sheen). His mission? To shut down a psycho billionaire arms dealer (Mel Gibson) intent on blowing up the world.

A 12-step program followed by a series of serendipitous events led Trejo to this new life — it's a change he attributes to the "grace of God."

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing," he says in a phone interview from his home in L.A.'s San Fernando Valley.

At 69 years old, Trejo's interests have moved from prison brawling to golf and his rescue dogs.

Today, he's supervising a team of workers who are installing a driving range in his backyard.

Giving thanks

"Every morning I wake up is an absolute blessing and every night I go to bed is an absolute blessing."

Danny Trejo reflecting on his life

"I'm doing a sitcom with George Lopez right now called Saint George and he gave me a set of golf clubs so it's like, 'Let's learn how to golf,'" he says.

There's a pause, a crash and raucous barking.

"HEY! YOU STOP THAT."

In another minute he's back on the line. "I have the most disobedient dogs in the world. I've got six of them. I just rescue them. I think they were all going to the gas chamber too," he laughs.

But back to Machete and all his other characters, like that knife-thrower in Desperado who takes down Steve Buscemi and almost ends Antonio Banderas.

That scene changed my life. It was so damn *cool*, I gush.

He laughs again.

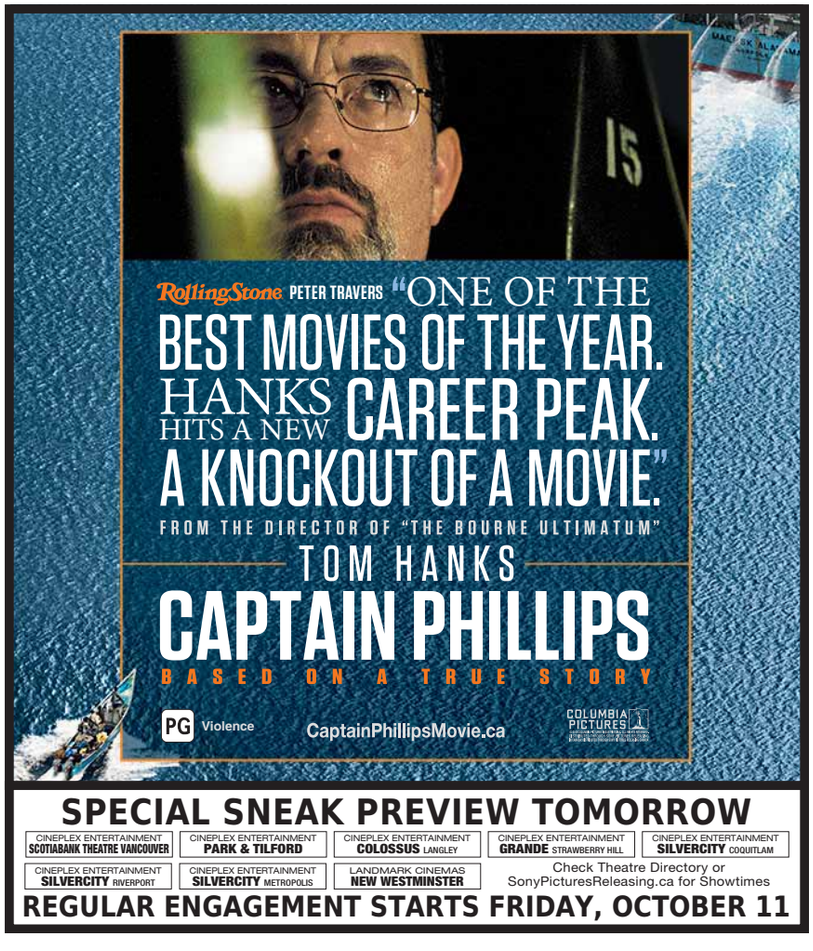
"I can throw a knife, but you gotta remember that's movie magic, and (director Robert Rodriguez) is the best at it."

Apparently Machete is better at throwing double-headed axes. "I'm really good at that," he insists.

But for all his tough guy swagger, Machete isn't invincible.

"I had a sword fight with Mel Gibson in this movie and when Robert Rodriguez said, 'Action,' I threw my sword down and he said, 'What's wrong Danny?' and I said, 'I'm not fighting William Wallace, come on, he saved Scotland, are you crazy?'"

To find out who won that brawny battle, you'll have to check out the film on Oct. 11.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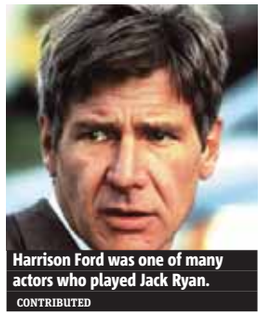
Tom Clancy had some Hollywood hate

Author regrets.
Deceased thriller writer liked the exposure when his books turned to films, but hated the lack of creative control



Harrison Ford was one of many actors who played Jack Ryan.
CONTRIBUTED

Jack Ryan is the sort of American hero that's been a screen staple since the silent era. Harrison Ford, Alec Baldwin and Ben Affleck have all played the fictional CIA analyst, and Chris Pine joins the list when Jack Ryan: Shadow One opens on Christmas Day.

The character was Tom Clancy's version of an American James Bond, said Gregg Kilday, film editor for The Hollywood Reporter.

Clancy, who died Tuesday at age 66, "wrote these very solid, meat-and-potatoes thrillers," Kilday said.

"They offered up a lot of material that directors and actors could work with in fashioning straightforward, semi-patriotic espionage and action-adventure movies."

Each adaptation was a hit: The Hunt for Red October, Patriot Games, Clear and Present Danger and The Sum of All Fears.

But despite the success, the author's relationship with Hollywood was often contentious. While he enjoyed the exposure, he regretted the lack of creative control.

"Giving your book to Hollywood is like turning your daughter over to a pimp," he famously said.

"He took potshots at a number of films," Kilday noted.

"He didn't like that movies like Clear and Present Danger and Patriot Games didn't simply reproduce the plots of his novels," which were too complex to fit into a two-hour screenplay.

Clancy also criticized Ford's casting in those two films, saying the actor was too old to play Ryan, but appreciated Affleck's portrayal in 2002's The Sum of All Fears.

Affleck told the Los Angeles Times that Clancy's realism made his books, and their film adaptations, successful.

"When you read one of his books, you had the distinct feeling that he was depicting military or espionage situations exactly as they really are," Affleck said.

THE ASSOCIATED PRESS

Horror

All The Boys Love Mandy Lane

Director. Jonathan Levine

Stars. Amber Heard, Anson Mount

Originally screened at TIFF in 2006, 50/50 director Jonathan Levine's debut finally gets a theatrical release in North America. The set-up is familiar to those with even a cursory interest in slasher flicks. A group of teens head to a cabin for a weekend of illegal substances and hopefully sex with the aloof Mandy Lane. But the party stops when friends start disappearing. Levine prefers to work within established horror film confines but aficionados will appreciate the curve balls. IAN GORMELY

Drama

Parkland

Director. Peter Landesman

Stars. Zac Efron, Tom Welling, Billy Bob Thornton

Parkland is a character study of the folks who attended to John F. Kennedy in the days following his assassination. From the doctors and nurses at Parkland Memorial (Zac Efron, Colin Hanks and Marcia Gay Harden) to law enforcement officers (Billy Bob Thornton, Ron Livingston) to Lee Harvey Oswald's family (James Badge Dale) to Dallas reporters (Mark Duplass), there are so many characters here the actors are forced to fight for screen time to make an impact. RICHARD CROUSE

Apps

Gravity: Don't let go

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/iPad/Android
Free
In this heart-pounding interactive trailer for the movie Gravity you become astronaut Dr. Ryan Stone (Sandra Bullock) and must perform tricky maneuvers to survive a harrowing catastrophe in outer space.

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 4 TO THURS., OCT. 10 TIMES ARE SUBJECT TO CHANGE.

Dunbar Theatre
4555 Dunbar Street

Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:30-7-8:55 Sat 12-2:15-4:30-7-8:55 Sun 12-2:15-4:30-7 Mon-Thu 4:30-7-8:55

Fifth Avenue Cinemas
2110 Burrard Street

Blue Jasmine (PG) Fri-Thu 1:15-3:50-6:45-9:10
Enough Said (PG) Fri-Thu 1:30-4:10-7-9:20
Gravity 3D (PG) Fri-Thu 1:45-4:30-7:15-9:40
Lee Daniels' The Butler (PG) Fri-Tue 12:30-3:30-6:30-9:30 Wed 12:30-3:30-9:40 Thu 12:30-3:30-6:30-9:30
Prisoners (14A) Fri-Thu 1-4:45-8:15

Pacific Cinémathèque
1131 Howe Street

Vancouver Film Festival (STC) Fri-Thu

Park Theatre
3440 Cambie Street

The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Parkland (PG) Fri 4:45-7-9:15 Sat 2:30-4:45-7-9:15 Sun 2:30-4:45-7-9:10 Mon-Thu 4:50-7-9:10

Rio on Broadway
1660 E. Broadway

Vancouver International Film Festival (STC) Fri-Thu

Scotiabank Theatre
Vancouver 900 Burrard St.

Captain Phillips (PG) Sat 7 Thu 9:30
Don Jon (18A) Fri 12:50-3:15-5:40-8:05-10:35 Sat 11:35-12:50-3:15-5:40-8:05-10:35 Sun 12:50-3:15-5:40-8:05-10:35 Mon-Tue 3-5:25-7:45-10:10 Wed 2-4:20-5:25-7:45-10:10 Thu 3-5:25-7:45-10:10
Elysium (14A) Fri 1:55-4:30-7:05-9:55 Sat 1:40-4:15-10:05 Sun-Wed 1:55-4:30-7:05-9:55 Thu 1:40-4:15-6:50
The Family (14A) Fri-Sun 2:15-4:55-7:35-10:25 Mon-Wed 2:15-5-7:45-10:25 Thu 1:20-4:05-9:40
Funny Girl (STC) Wed 7
Gravity 3D (PG) Fri 12:30-2:50-5:10-7:30-9:50 Sat 11:25-12:30-2:50-5:10-7:30-9:50 Sun 12:30-2:50-5:10-7:30-9:50 Mon-Thu 2:50-5:10-7:30-9:50 Fri 1:10-3:30-5:50-8:10-10:30 Sat 3:30-5:50-8:10-10:30 Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 1:15-3:30-5:50-8:10-10:30
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Prisoners (14A) Fri 12:40-3:20-4-6:40-7:20-10-10:40 Sat 12-3:20-4-6:40-7:20-10-10:40 Sun 12-12:40-3:20-4-6:40-7:20-10-10:40 Mon-Tue 1:30-3:35-5:05-7-8:30-10:20 Wed 1:30-3:35-10-10:20 Thu 1:30-3:35-5:05-7-8:30-10:20
Rush (14A) Fri 1:45-4:50-7:50-10:45 Sat 11:25-1:45-4:50-7:50-10:45 Sun 1:45-4:50-7:50-10:45 Mon-Thu 1:35-4:25-7:15-10:15
We're the Millers (14A) Fri-Sun 1:50-4:25-7-9:45

Esplanade 6
200 West Esplanade

Cloudy With a Chance of Meatballs 2 (G) , Fri 6:40 , Sat-Sun 12:40-3:40-6:40 , Mon-Thu 6:40
Cloudy With a Chance of Meatballs 2 3D (G) , Fri 7-9:20 , Sat-Sun 1:10-4:10-7-9:20 , Mon-Thu 7-9:20
Gravity (PG) , Fri 7:10 , Sat-Sun 1:15-4:15-7:10 , Mon-Thu 7:10
Gravity 3D (PG) , Fri 6:45-9:15-9:40 , Sat-Sun 12:45-3:45-6:45-9:15-9:40 , Mon-Thu 6:45-9:15-9:40
Lee Daniels' The Butler (PG) Fri-Thu 9:10
Prisoners (14A) Fri 7:45 Sat-Sun 12:35-4-7:45 Mon-Thu 7:45
Rush (14A) , Fri 6:30-9:30 , Sat-Sun 12:30-3:30-6:30-9:30 , Mon-Thu 6:30-9:30

Park & Tilford
333 Brooksbank Ave.

Blue Jasmine (PG) Fri 7:10-9:30 Sat-Sun 2-4:25-6:50-9:20 Mon-Thu 7:10-9:30
Captain Phillips (PG) Sat 7 Thu 9:30
Despicable Me 2 3D (G) Sat-Sun 2:20
Don Jon (18A) Fri 7:40-9:50 Sat-Sun 3-5:20-7:40-10 Mon-Thu 7:40-9:50
Enough Said (PG) Fri 7:20-9:40 Sat-Sun 2:40-4:50-7:10-9:30 Mon-Thu 7:20-9:40
Star & Strollers Screening Thu 1
Insidious: Chapter 2 (14A) Fri 7:30-9:55 Sat 2:10-4:30-9:55 Sun 2:10-4:30-7-9:55 Mon-Wed 7:30-9:55 Thu 7
Machete Kills (14A) Thu 10
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Percy Jackson: Sea of Monsters 3D (PG) Fri 7-9:30 Sat-Sun 4:40-7:20-9:50 Mon-Wed 7-9:30 Thu 7
Runner Runner (14A) Fri 7:50-10 Sat-Sun 3:10-5:30-7:50-10:10 Mon-Thu 7:50-10 Star & Strollers Screening, Thu 1

SilverCity Riverport
14211 Entertainment Way

Besharam (STC) Fri-Thu 2-5:20-8:45
Captain Phillips (PG) Sat 7 Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 2:05-4:30-6:55 Sat 10:35-11:35-2:05-4:30-6:55 Sun 2:05-4:30-6:55 Mon-Thu 1:35-4-6:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri 12:25-2:50-5:15-7:40-10:10 Sat 10:05-12:25-2:50-5:15-7:40-10:10 Sun 12:25-2:50-5:15-7:40-10:10 Mon-Thu 2:20-4:45-7:15-9:50
Don Jon (18A) Fri-Sat 1:05-3:25-5:45-8:05-10:25 Sun 12-2:15-5-8:05-10:25 Mon-Thu 2:25-5-7:40-10:25
Elysium (14A) Fri 12:10-2:45-5:25-8:05-10:45 Sat 12:10-2:45-5:25-8:05-10:45 Sun 12:10-2:45-5:25-8:05-10:45 Mon-Tue 2:10-4:50-7:35-10:20 Wed 1:30-10:30 Thu 2:10-4:50-7:35-10:20
Enough Said (PG) Fri-Sun 12:15-2:35-5-7:20-9:45 Mon-Thu 2:05-4:45-7:10-9:40
The Family (14A) Fri-Sat 12:05-2:40-5:15-7:50-10:25 Sun 12:05-2:40-5:15-10:25 Mon-Wed 1:35-4:25-7:05-9:55 Thu 1:35-4:25-9:55
Funny Girl (STC) Wed 4-7:15
Generation Iron (PG) Mon 7:30
Gravity 3D (PG) Fri-Sun 12:30-2:50-5:10-7:30-9:50 Mon-Thu 2-4:30-7-9:30 Fri-Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 2:45-5:15-7:45-10:15 Sat 11:30
Insidious: Chapter 2 (14A) Fri-Sun 12:20-2:55-5:30-8-10:30 Mon-Thu 2:15-4:55-7:30-10:05
Lee Daniels' The Butler (PG) Fri-Sun 12:30-3:35-6:45-9:55 Mon-Thu 1:30-4:30-7:30-10:30
Machete Kills (14A) Thu 10
Metallica: Through the Never — An IMAX 3D Experience (PG) Fri-Sun 1:40-3:55-6:10-8:25-10:40 Mon-Thu 1:30-3:45-6-8:15-10:30
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Open Season (G) Sat 11
Percy Jackson: Sea of Monsters (PG) Fri 1:55 Sat 10:40-1:55 Sun-Thu 1:55
Percy Jackson: Sea of Monsters 3D (PG) Fri 4:40-7:25-10:05 Sat 11:15-4:40-7:25-10:05 Sun 4:40-7:25-10:05 Mon-Thu 4:40-7:20-10:05
Prisoners (14A) Fri-Sun 12-12:35-3:20-3:55-6:40-7:15-10-10:35 Mon-Wed 1:45-2:50-5:30-6:25-9-10 Thu 2:50-5:30-6:25-10
Star & Strollers Screening Thu 1
Riddick (18A) Fri-Sun 9:30 Mon-Thu 9:15
Runner Runner (14A) Fri-Sun 1:20-3:40-6-8:20-10:40 Mon-Wed 1:50-4:35-7:25-10:10 Thu 4:35-7:25-10:10 Star & Strollers Screening, Thu 1
Rush (14A) Fri 1:45-4:45-7:40-10:45 Sat 10:50-1:45-4:45-7:40-10:45 Sun 1:45-4:45-7:40-10:45 Mon-Thu 1:40-4:35-7:25-10:20
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri 2:10-4:50-7:35-10:15 Sat 4:50-7:35-10:15 Sun 2:10-7:35-10:15 Mon 1:45-4:25-10:15 Tue-Thu 2:10-4:50-7:35-10:15
WWE Battleground 2013 (STC) Sun 5
Young Detective Dee: Rise of the Sea Dragon (PG) Fri-Sun 1:20-4:15-7:10-10:05 Mon-Wed 1:40-4:25-7:20-10:25 Thu 1:30-4:15-7:05

Dolphin Cinemas
4555 E. Hastings St.

Cloudy With a Chance of Meatballs 2 (G) Fri 4:45-6:45-8:45 Sat-Sun 12:45-2:45-4:45-6:45-8:45 Mon-Thu 4:45-6:45-8:45
Despicable Me 2 (G) Fri 4:55 Sat-Sun 12:45-2:50-4:55 Mon-Thu 4:55
Elysium (14A) Fri-Thu 9:15
The Family (14A) Fri-Thu 7

SilverCity Metropolis
4700 Kingsway Ave.

Captain Phillips (PG) Sat 7 Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 12:15 Sat 10-12:15 Sun 11:45 Mon-Thu 12:35
Cloudy With a Chance of Meatballs 2 3D (G) Fri 2:40-5-7:25-9:45 Sat 2:35-5-7:25-9:45 Sun 2:10-4:30-6:55-9:15 Mon-Thu 2:50-5:05-7:25-9:45
Don Jon (18A) Fri 1:30-3:50-6:10-8:30-10:45 Sat 11:15-1:30-3:50-6:10-8:30-10:45 Sun 1-3:20-5:40-8-10:15 Mon-Thu 1:15-3:35-5:55-8:15-10:30
Elysium (14A) Fri 2:30-5:05-7:45-10:15 Sat 1:40-4:20-10:15 Sun 2-4:35-7:15-9:45 Mon-Tue 2:15-4:50-7:30-10 Wed 2:15-4:50-10 Thu 1:30-4:05-6:45
Funny Girl (STC) Wed 7
Gravity 3D (PG) Fri 12:40-2:55-5:10-7:30-9:50 Sat 10:10-12:30-2:50-5:10-7:30-9:50 Sun 12:10-2:25-4:40-7-9:20 Mon-Thu 12:30-2:40-4:55-7:15-9:35 Fri 1:10-3:30-5:50-8:10-10:25 Sat 11-1:10-3:30-5:50-8:10-10:25 Sun 12:40-3-5:20-7:40-9:55 Mon-Thu 12:55-3:15-5:35-7:55-10:05
Insidious: Chapter 2 (14A) Fri 12:35-3:10-5:40-8:05-10:30 Sat 12:50-3:15-5:40-8:05-10:30 Sun 12:20-2:45-5:10-7:35-10 Mon-Wed 12:30-2:55-5:25-7:50-10:15 Thu 12:30-2:55-5:20-10:30
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Open Season (G) Sat 11
Prisoners (14A) Fri 12:20-3:40-6:55-10:10 Sat 10:20-3:30-6:50-10:10 Sun 11:50-3:10-6:25-9:40 Mon-Thu 12:30-3:40-6:55-10:10
Riddick (18A) Fri 2-4:50-7:40-10:20 Sat 11:20-2-4:50-7:40-10:20 Sun 1-3:50-9:50 Mon-Wed 1:25-4:15-7:05-9:55 Thu 1:25-4:15-9:55
Runner Runner (14A) Fri 1:20-3:45-6-8:20-10:35 Sat 11:05-1:20-3:40-6-8:20-10:35 Sun 12:05-2:20-7:05-10:05 Mon-Tue 1:05-3:30-5:45-8:05-10:20 Wed 2-4:30-7:30-10:20 Thu 1:05-3:30-5:45-8:05-10:20
Rush (14A) Fri 2:10-5-7:50-10:40 Sat 11:25-2:10-5-7:50-10:40 Sun 1:40-4:30-7:20-10:10 Mon-Wed 1:55-4:45-7:35-10:25 Thu 12:40-3:25-10:30 Thu 7
WWE Battleground 2013 (STC) Sun 5

SilverCity Coquitlam
170 Schoolhouse Street

Captain Phillips (PG) Sat 7 Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 1:50-4:20-6:50 Sat 11:20-1:50-4:20 Sun-Thu 1:50-4:20-6:50
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:15-2:40-5:05-7:30-9:55 Mon 2:40-5:05-7:30-9:55 Tue 12:15-2:40-5:05-7:30-9:55 Wed-Thu 2:40-5:05-7:30-9:55 Despicable Me 2 (G) Fri 2 Sat 11:30-2 Sun-Thu 2
Don Jon (18A) Fri 1:10-3:30-5:50-8:10-10:30 Sat 11:45-1:10-3:30-5:50-8:10-10:30 Sun-Thu 1:10-3:30-5:50-8:10-10:30 Fri-Sun 3-5:30-8-10:45 Mon 5:30-7:50-10:10 Tue 3-5:30-8-10:45 Wed 5:30-7:50-10:10 Thu 5:05-10:10
Enough Said (PG) Fri-Sun 12:35-3-5:20-7:45-10:10 Mon 2:15-4:50-7:20-9:50 Tue 12:35-3-5:20-7:45-10:10 Wed-Thu 2:15-4:50-7:20-9:50
The Face Reader (14A) Fri-Sun 12:50-4:05-7:15-10:25 Mon 1:05-4:10-7:15-10:25 Tue 12:50-4:05-7:15-10:25 Wed-Thu 1:05-4:10-7:15-10:25
The Family (14A) Fri-Sat 2:05-4:45-7:40-10:25 Sun 2:05-2:55-9 Mon-Wed 2:05-4:45-7:40-10:25 Thu 1:55-4:35-7:15
Funny Girl (STC) Wed 4-7
Gravity (PG) Sat 11:20
Gravity 3D (PG) Fri-Sun 1:30-4-7-10 Mon 4:20-7-9:50 Tue 1:30-4-7-10 Wed-Thu 4:20-7-9:50 Fri-Thu 1-3:20-5:40-8-10:20
Insidious: Chapter 2 (14A) Fri 12:25-2:55-5:30-8:05-10:40 Sat 2:55-5:30-8:05-10:40 Sun 12:25-5:30-8:05-10:40 Mon 2:25-5-7:35-10:10 Tue 12:25-2:55-5:30-8:05-10:40 Wed 2:25-5-7:35-10:10 Thu 1:40-4:15-6:50
Lee Daniels' The Butler (PG) Fri-Sun 12:55-3:55-7-10 Mon 1:05-4-7-10 Tue 12:55-3:55-7-10 Wed 1-10:10 Thu 1:05-4-7-10 Machete Kills (14A) Thu 10
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Open Season (G) Sat 11
Percy Jackson: Sea of Monsters (PG) Fri-Thu 4:30
Percy Jackson: Sea of Monsters 3D (PG) Fri-Thu 7:05-9:45
Planes (G) Fri-Sun 12:20-2:35-4:55-7:20 Mon 2:35-4:55-7:20 Tue 12:20-2:35-4:55-7:20 Wed-Thu 2:35-4:55-7:20
Prisoners (14A) Fri-Sun 12:20-3:45-7:10-10:35 Mon 2:30-6:55-10:20 Tue 12:20-3:45-7:10-10:35 Wed-Thu 2:30-6:55-10:20 Fri-Sun 2:30-6-9:30 Mon 6-9:30 Tue 2:30-6-9:30 Wed-Thu 6-9:30
Runner Runner (14A) Fri 1:20-3:40-6-8:20-10:40 Sat 11-1:20-3:40-6-8:20-10:40 Sun 1:20-3:40-6-8:20-10:40 Mon 1-3:15-5:30-7:50-10:10 Tue 1:20-3:40-6-8:20-10:40 Wed 3:15-5:30-7:50-10:10 Thu 1-3:15-5:30-7:50-10:10 Fri-Sun 12:45-3:30-6:30-9 Mon 4-6:30-9 Tue 12:45-3:30-6:30-9 Wed-Thu 4-6:30-9 Star & Strollers Screening, Wed 1
Rush (14A) Fri 2:10-5-7:50-10:45 Sat 11:15-2:10-5-7:50-10:45 Sun 2:10-5-7:50-10:45 Mon 1:30-4:20-7:10-10 Tue 2:10-5-7:50-10:45 Wed 4:20-7:10-10 Thu 1:30-4:20-7:10-10 Fri-Sun 1:05-4:30-7:30-10:25 Mon 4:40-7:30-10:30 Tue 1:05-4:30-7:30-10:25 Wed-Thu 4:40-7:30-10:30 Star & Strollers Screening Wed 1
The Spy (PG) Fri-Thu 1:45-4:35-7:25-10:15
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri 9:20 Sat 10:05 Sun-Thu 9:20
WWE Battleground 2013 (STC) Sun 5
Young Detective Dee: Rise of the Sea Dragon (PG) Fri-Thu 9:40

Clova
5732-176th St. Surrey

Monsters University (G) Sat-Sun 1:30
Red 2 (PG) Fri-Thu 9:05
The World's End (14A) Fri-Thu 7

Hollywood 3 Cinema
7125-138th Street, Surrey,

Despicable Me 2 (G) Fri-Thu 7
Despicable Me 2 3D (G) Fri 7 Sat-Sun 12:30-2:45-7 Mon-Thu 7
Elysium (14A) Fri-Thu 10
The Family (14A) Fri-Thu 8:40
Lee Daniels' The Butler (PG) Fri-Thu 6:40
One Direction: This Is Us - Extended Fan Cut (G) Fri-Thu 4:50
Planes (G) Fri-Thu 4:40
Planes 3D (G) Fri 6:40 Sat-Sun 12:30-2:30-6:40 Mon-Thu 6:40
Riddick (18A) Fri-Thu 9:05
The Smurfs 2 (G) Sat-Sun 12:30

Turbo (G) Sat-Sun 2:40

Strawberry Hill Grande
12161-72nd Ave, Surrey

Aashiqui Not Allowed (PG) Fri-Thu 1:05-4:10-7:10-10:15
Besharam (STC) Fri-Thu 1:30-4:55-9:10
Captain Phillips (PG) Sat 7 Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 1-3:20-5:45-8:05-10:25 Sat 11:45-2:05-4:30-10:25 Sun 1-3:20-5:45-8:05-10:25 Mon-Wed 1-3:20-5:45-8:05 Thu 1-3:20-5:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:30-2:50-5:15-7:40-10:10 Mon-Thu 2:30-5:15-7:40-10:10
Don Jon (18A) Fri-Sun 1-3:20-5:40-8-10:15 Mon-Thu 1-3:15-5:35-7:50-10:05
Gravity 3D (PG) Fri-Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 2:30-5:30-8:10-10:25
Haani (PG) Fri-Thu 2:30-5:45-9
Insidious: Chapter 2 (14A) Fri-Sat 12:30-3-5:35-8-10:35 Sun 12:30-3-5:30-10:35 Mon-Thu 2:35-5:35-8-10:30
Open Season (G) Sat 11
Prisoners (14A) Fri-Sun 12:40-4-7:15-10:30 Mon-Tue 2:40-6:50-10:15 Wed 6:50-10:15 Thu 2:40-6:50-10:15 Star & Strollers Screening Wed 1
Runner Runner (14A) Fri-Sun 1:20-3:40-6-8:20-10:40 Mon-Tue 2:45-5:10-7:55-10:10 Wed 5:10-7:55-10:10 Thu 2:45-5:10-7:55-10:10 Star & Strollers Screening, Wed 1
Rush (14A) Fri 2:10-5-7:50-10:40 Sat 11:10-2:10-5-7:50-10:40 Sun-Thu 2:10-5-7:50-10:40
We're the Millers (14A) Fri-Sat 2:15-4:50-7:45-10:20 Sun 2:15-8-10:20 Mon-Thu 2:15-4:50-7:45-10:20
WWE Battleground 2013 (STC) Sun 5

Studio 12 Guildford
15051-101st Ave, Surrey

All the Boys Love Mandy Lane (STC) , Fri-Sun 9:45 , Mon 8:05 , Tue 9:45 , Wed-Thu 8:05
Battle of the Year (PG) , Fri 4:10-6:50-9:35 , Sat-Sun 1:30-4:10-6:50-9:35 , Mon 5:20-8:15 , Tue 4:10-6:50-9:35 , Wed 5:20-8:15 , Thu 5:20
Besharam (STC) , Fri 4:40-7:50 , Sat-Sun 1:35-4:40-7:50 , Mon 7:50 , Tue 4:40-7:50 , Wed-Thu 7:50
Captain Phillips (PG) , Thu 8:15
Cloudy With a Chance of Meatballs 2 (G) , Fri 4:45-7:15 , Sat-Sun 2:15-4:45-7:15 , Mon 5:45 , Tue 4:45-7:15 , Wed-Thu 5:45
Cloudy With a Chance of Meatballs 2 3D (G) , Fri 4:15-6:45-9:15 , Sat-Sun 1:45-4:15-6:45-9:15 , Mon 5:15-7:40 , Tue 4:15-6:45-9:15 , Wed-Thu 5:15-7:40
Don Jon (18A) , Fri 4:55-7:40-10:10 , Sat-Sun 2:25-4:55-7:40-10:10 , Mon 5:35-8:30 , Tue 4:55-7:40-10:10 , Wed-Thu 5:35-8:30 Gravity (PG) , Sat-Sun 2
Gravity 3D (PG) , Fri-Sun 4:30-7-9:30 , Mon 5:30-8:10 , Tue 4:30-7-9:30 , Wed-Thu 5:30-8:10
Haani (PG) , Fri 4:50-8 , Sat-Sun 1:40-4:50-8 , Mon 8 , Tue 4:50-8 , Wed-Thu 8
Insidious: Chapter 2 (14A) , Fri 4:35-7:35-10:05 , Sat-Sun 2:05-4:35-7:35-10:05 , Mon 5:40-8:35 , Tue 4:35-7:35-10:05 , Wed-Thu 5:40-8:35
Nabar (PG) , Fri 4:25-7:10-9:50 , Sat-Sun 1:50-4:25-7:10-9:50 , Mon 5:05-7:45 , Tue 4:25-7:10-9:50 , Wed-Thu 5:05-7:45
Prisoners (14A) , Fri 6:20-9:40 , Sat-Sun 2:20-6:20-9:40 , Mon 5-8:20 , Tue 6:20-9:40 , Wed-Thu 5-8:20
Runner Runner (14A) , Fri 5-7:30-10 , Sat-Sun 2:30-5-7:30-10 , Mon 5:25-7:55 , Tue 5-7:30-10 , Wed-Thu 5:25-7:55
Rush (14A) , Fri 4:20-7:05-9:55 , Sat-Sun 1:30-4:20-7:05-9:55 , Mon 5:10-8:25 , Tue 4:20-7:05-9:55 , Wed-Thu 5:10-8:25

Rialto
1732-152nd Street, White Rock

Blue Jasmine (PG) Fri-Wed 9:20
Lee Daniels' The Butler (PG) Fri 7 Sat-Sun 2:10-7 Mon-Wed 7
No Films Showing Today (STC) Thu
Prisoners (14A) Fri 7:30 Sat-Sun 2-7:30 Mon-Wed 7:30

Criterion 4 White Rock
2381 King George Highway

Cloudy With a Chance of Meatballs 2 (G) Fri 7:20-9:25 Sat-Sun 2:30-7:20-9:25 Mon-Thu 7:20-9:25
Gravity (PG) Fri 7:10-9:30 Sat-Sun 2:10-7:10-9:30 Mon-Thu 7:10-9:30
Runner Runner (14A) Fri 7:30-9:35 Sat-Sun 2:20-7:30-9:35 Mon-Thu 7:30-9:35
Rush (14A) Fri 7-9:20 Sat-Sun 2-7-9:20 Mon-Thu 7-9:20

Colossus Langley
20090-91A Ave, Langley

2 Guns (14A) Fri-Sun 10:25 Mon-Thu 9:45 Captain Phillips (PG) Sat 7:45 Thu 9:30 Cloudy With a Chance of Meatballs 2 (G) Fri 12-2:20-4:45-7:10-9:40 Sat 11:15-12-2:20-4:45-7:10-9:40 Sun 12-2:20-4:45-7:10-9:40 Mon-Thu 3:50-6:45-9:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 12:30-2:50-5:15-7:40-10:15 Mon-Thu 4:25-7:20-9:50
Despicable Me 2 (G) Fri 1:35 Sat 11-1:35 Sun 1:35 Mon-Thu 3:40
Despicable Me 2 3D (G) Fri-Sun 4:15 Mon-Thu 6:25
Don Jon (18A) Fri-Sun 1-3:25-5:45-8:05-10:30 Mon-Thu 4:40-7:05-10
Elysium (14A) Fri 12:05-2:40-5:20-7:55-10:35 Sat 12:05-2:40-5:10-10:45 Sun 12:05-2:40-5:20-7:55-10:35 Mon-Tue 4:20-7:25-10:05 Wed 10:05 Thu 4:20-7:25
Enough Said (PG) Fri-Sun 12:25-2:55-5:35-8-10:20 Mon-Thu 4:15-7-9:40
The Family (14A) Fri 12-2:40-5:20-8-10:40 Sat 2:40-5:20-8-10:40 Sun 12-2:40-5:20-8-10:40 Mon 3:55-10:10 Tue-Thu 3:55-7:05-10:10
Funny Girl (STC) Wed 4-7
Generation Iron (PG) Mon 7:30
Gravity 3D (PG) Fri 1:10-3:30-5:50-8:10-10:30 Sat 10:55-1:10-3:30-5:50-8:10-10:30 Sun 1:10-3:30-5:50-8:10-10:30 Mon-Thu 4:30-7-10:15
Gravity: An IMAX 3D Experience (PG) Fri-Sun 12:30-2:50-5:10-7:30-9:50 Mon-Thu 5:10-7:30-9:50
Insidious: Chapter 2 (14A) Fri-Sat 12:25-3-5:40-8:15-10:45 Sun 12:25-3-8:15-10:45 Mon-Thu 4:35-7:35-10:10
Lee Daniels' The Butler (PG) Fri-Sun 12:45-3:50-7-10:05 Mon-Thu 3:35-6:50-9:55 Machete Kills (14A) Thu 10
The Metropolitan Opera: Eugene Onegin (STC) Sat 9:55
Open Season (G) Sat 11
Parkland (PG) Fri-Sun 12:35-3-5:25-7:50-10:15 Mon-Tue 4:25-7:10-9:40 Wed 7:10-9:40 Thu 4:25-7:10-9:40 Star & Strollers Screening Wed 3
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:05 Mon-Thu 3:45
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:15-7:55 Mon-Thu 6:55
Planes (G) Fri 12:10-2:30-4:55-7:25 Sat 11:30-12:10-2:30-4:55-7:25 Sun 12:10-2:30-4:55-7:25 Mon-Thu 4-6:55
Prisoners (14A) Fri-Sun 12:35-3:55-7:15-10:35 Mon-Thu 3:30-6:50-10:15 Fri-Sun 6:50-10:10 Mon-Thu 9
Riddick (18A) Fri-Sun 10:10 Mon-Wed 9:55
Runner Runner (14A) Fri 1:20-3:40-6-8:20-10:40 Sat 11:05-1:20-3:40-6-8:20-10:40 Sun 1:20-3:40-6-8:20-10:40 Mon-Thu 4:45-7:20-10
Rush (14A) Fri-Sun 2:05-5-7:50-10:45 Mon-Thu 4:10-7:15-10:15 Fri-Sun 1:05-4:05-7:05-10:20 Mon-Tue 3:35-6:45-9:45 Wed 6:45-9:45 Thu 3:35-6:45-9:45 Star & Strollers Screening Wed 3
Vermeer and Music: The Art of Love and Leisure (STC) Thu 7:30
We're the Millers (14A) Fri-Sat 2-4:50-7:35-10:25 Sun 2-7:35-10:25 Mon-Wed 4:05-7:10-10:05 Thu 4:05-10:05
WWE Battleground 2013 (STC) Sun 5

Twilight Drive-In
260th Street & Fraser Highway, Langley

The Conjuring (14A) Fri-Sat 11:45
Gravity (PG) Fri-Sun 7:30 Tue 7:30 Thu 7:30
No Films Showing Today (STC) Mon Wed
Prisoners (14A) Fri-Sun 9:15 Tue 9:15 Thu 9:15

Basia Bulat's third album informed by personal loss

New music. Tall Tall Shadow, written using a free-style approach, walks the line between devastating and hopeful

Basia Bulat still has a hard time talking about her recent loss of a loved one, which is perhaps part of why she chose to sing about it.

So it was that the Juno-nominated singer/songwriter found herself grief-stricken and reeling just two months before she was set to record the followup to her standout sophomore record Heart of My Own. She'd already crafted an album's worth of new material, but given the sad recent developments she was enduring, she tossed aside what she'd written and started again.

And she found the music

Juno nominated singer, Basia Bulat.
CHRIS YOUNG/THE CANADIAN PRESS

just poured out of her.

"I wanted to restart and ... really not hold myself back in the singing and the writing, and just see what might come out," the Toronto-based singer said in a recent interview. "It wasn't really, 'Now I'm going to write about this and now I'm going to write about that.' It was more of a free-form approach to writing.

"One of the songs on the record, It Can't Be You, I was just playing the triangle and singing, whatever came out was the song. It happened really quickly. It wasn't like, 'Hey, let's explore this.' It was literally what was in my heart at the time of writing."

And the resultant record — Tall Tall Shadow, in stores this week — is appropriately intimate and devastating as one would expect, but also fairly hopeful.

Perhaps that reflects what Bulat says was a liberating recording experience working with producers Tim Kingsbury and Mark Lawson, the former a member of Arcade Fire and the latter a Grammy-winning engineer on that Montreal band's 2010 smash The Suburbs. Past collaborator Howard Bilerman, another Arcade Fire associate, also contributed.

But even as her network of co-conspirators broadened, Bulat seemed to put ever more of herself into her music. She capably employs an especially broad array of instruments: guitar, piano, synthesizer, pianoette, organ, autoharp, charango and wurlitzer.

"I played more of the instruments this time around on this record, and that was in part a conscious decision," she says. "Just to see, can I push myself? How much of this can I do?"

THE CANADIAN PRESS

Deeper meaning

Explaining the words

- **Quote.** "The words Tall Tall Shadow — a shadow only exists with light, right?" Bulat says. "So you need both. And they're both there in every song."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes' parents speak out on misinformed media

MELINDA TAUB
Metro World News

After months of speculation about Amanda Bynes' whereabouts and treatment, her mother Lynn Bynes has spoken publicly for the first time. "I would really like everyone out there to know that almost 99 per cent of the things written about my daughter in various media outlets are false or misleading," Lynn told People in a statement.

Reports have placed Amanda at various treatment facilities since she was placed in her parents' custody this summer, but Lynn went on to explain that the Bynes family had decided not to release any details on Amanda's condition.

"Please know that neither myself or other family members have ever released any information regarding her treatment or diagnosis. We truly believe in keeping our daughter's situation private for now."

Totally understandable. Let us know if you change your mind and would like to satisfy our nosy, inappropriate curiosity.

We'll be here.

Lynn ended her statement on a note of hope, saying, "Both my husband and I love Amanda very much and we know that she will get through this situation."

The former actress was hospitalized back in July for setting a fire in the driveway of a stranger's home in Thousand Oaks, Calif.

The cops investigated the former child star and determined she needed to be hospitalized on a 5150 hold, which is an involuntary hospitalization for mental evaluation which lasts 72 hours.

Her parents were granted a conservatorship over the troubled young star shortly after that.

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Add a little Italian to your seafood stew

Cioppino. This version of the savoury dish tastes just as good as the original, but without all the fat

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is the standard Italian soup dish called cioppino, but a little lighter on the calories and fat. One serving contains only 238 calories, six grams of fat and 33 grams of protein.

Not a fan of white fish? Feel free to use any combination of seafood (shrimps and scallops work well) or fish for a great one-dish meal served with a salad or some Italian crusty bread.

Ingredients

- 1 tbsp vegetable oil
- Half medium onion, chopped
- Half celery stalk, chopped
- 1 tsp crushed garlic
- 1/4 lb mushrooms, sliced
- 2 cans tomatoes (each 19 oz), chopped and drained
- 2 tbsp tomato paste
- 1/3 cup white wine or fish stock
- 1 tsp dried oregano
- 1 1/2 tsp dried basil
- 2 bay leaves
- 24 mussels
- 1/2 lb shrimp, peeled and deveined
- 1/2 lb scallops
- 1/2 lb firm white fish (cod, halibut, haddock), cut into bite-sized pieces
- Chopped fresh parsley

Seafood Tomato Stew

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

1. In a large nonstick saucepan, heat oil; sauté onion, celery, garlic and mushrooms until softened, approximately 5 minutes.

2. Add tomatoes, tomato paste, wine, oregano, basil and bay leaves; cover and simmer for 25 minutes, stirring occasionally.

3. Scrub mussels under cold water; remove any beards. Discard any that do not close when tapped.

4. Add mussels, shrimp, scallops and fish to pot; cover and cook for 5 to 8 minutes or until mussels open, shrimp are pink and scallops and fish are opaque. Discard any mussels that do not open. Discard bay leaves. Serve immediately.

RECIPE COURTESY OF ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)

Liquid Assets

Pairing wine with seafood

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

As a proud Maritimer I know my way around a feed of anything that swims, crawls or attaches itself to a rock in the ocean.

As a wine guy, I'm also aware the term "seafood" casts a huge net, gathering hundreds of flavour profiles that make choosing one liquid partner to satisfy them all nearly impossible.

Of course your favourite aquatic inhabitant rarely gets served alone, so consider everything on the plate when looking for a wine mate.

While today's feature recipe may include more fish than an episode of Jacques Cousteau, it's really the tomatoes that put their stamp on the dish.

Though tomatoes can make a temperamental marriage with wine, seafood stew offers a robust-enough personality to go head-to-head with a red offering good acidity and subtle flavours.

An Italian Chianti is a great choice, as would a New World pinot noir. Mirassou Winery's 2011 Pinot Noir ($12.99 - $14.99) from California is ripe, round and fish-friendly with more than enough grip to tame the influential tomato base.

PETER ROCKWELL IS THE EVERYMAN'S WINE WRITER; FACEBOOK.COM/THEREALWINEGUY

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Life is but a dream — let's explore it

New book. How lucid dreaming can bring a little magic into real life and help you take more control of your waking life

MAJA LUNDAGER PEDERSEN
wellness@metronews.ca

While many of us consider the bus or train the main ways to get around, a new book called A Field Guide to Lucid Dreaming expands our opportunities with some more untraditional ways: flying, teleportation and time travelling.

According to the authors of the book, Dylan Tuccillo, Jared Zeizel and Thomas Peisel, lucid dreaming is a way to explore "the mystery of our nocturnal adventures." Their book aims to teach readers how to become self-aware while dreaming.

Tuccillo describes lucid dreaming as a "full, real-time present moment experience" in which the dream feels as real as this world.

"You breathe the air, you see the sun shining, and actually it sometimes feels even more crystal clear than this world," he says.

According to the book, most people list flying as their favourite thing to do when they find themselves self-aware in dreams.

"Flying itself is fulfilling in the fact that on a daily basis you are confined to gravity, to the earth," explains Tuccillo, who was a little skeptical about lucid dreaming until he tried it himself. "Once you fly for the first time it sort of answers its own question and you feel how liberating that is and how expansive. You are experiencing something that's beyond what you thought reality was and that starts to shape your understanding of the world."

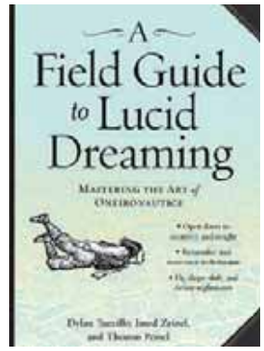
Besides being fun, lucid dreaming can also help fight nightmares, understand one's subconscious and even improve skills.

Make dreaming more interesting. CONTRIBUTED

"Let's say you have a meeting tomorrow where you have to get in front of your boss and talk. Then you can go into a lucid dream and rehearse that meeting. (You) create a boardroom to talk to, create your boss, create your co-workers through certain creating techniques in the dream world. Then you perform your speech and it becomes sort of a real-life practice," says Tuccillo.

"Also there are a lot of healing things you can do," he adds. "Let's say you are chronically plagued by nightmares. You can go into your dream and actually confront your nightmare. Stop running away from it, stop letting it chase you. A lot of people have found that their chronic nightmares have disappeared after that."

Tuccillo remembers being a child reading fantasy books and thinking, "I will never be able to do those things; magic isn't real and this world is kind of sad and concrete."



Today his world looks a lot different. "Getting in touch with your dream, it doesn't have to be lucid dreaming, but reconnecting with your dreams shows that the world is a lot more dynamic. There is this other state of reality where magic is real; a place where guidance comes from and that there are forces helping us towards discovering who we are."

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Located next to Brighouse SkyTrain Station in Richmond, a 20-minute trip from downtown, Doc Follicles is a novel salon concept in Vancouver — the New York-style barbershop for men and women has professional cuts and colours by professionally trained staff at costs that are actually affordable.

Edgy cuts include the Bobby (a standard-length bob for $18), the shaggy (longer and layered for $14) and the Leveller (a one-length trim for long hair at $18).

The secret to that affordability is all in the process, says John Laverock, veteran hairstylist and owner of Doc Follicles.

"Customers cut down their time at the shop by skipping the whole consultation process and just picking their cut or colour of choice from our menu board," Laverock says. "It's perfect for university students who have limited time and a tight budget."

COLOURBOX

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For more, see docfollicles.com.

NHL

Devils' Schneider outduelled by Fleury in Pittsburgh

Marc-Andre Fleury stopped 28 shots for his 250th NHL victory and franchise-record 24th shutout, and Sidney Crosby scored in Pittsburgh's two-goal first period to lead the Penguins to a 3-0 victory over the New Jersey Devils on Thursday night in the season opener for both teams.

Cory Schneider made 18 saves on 21 shots for the Devils. The former Vancouver Canuck's start marked the first time in 19 years Martin Brodeur didn't play in the season opener for New Jersey.

THE ASSOCIATED PRESS

Devils goalie Cory Schneider
THE ASSOCIATED PRESS

NFL

Weeden rallies Browns to win

Quarterback Brandon Weeden replaced injured starter Brian Hoyer and rallied the Cleveland Browns to a 37-24 win Thursday night over the Buffalo Bills, who also lost starting rookie quarterback EJ Manuel with a knee injury.

The Browns (3-2) won their third straight and temporarily moved into sole possession of first place in the AFC North.

THE ASSOCIATED PRESS

Simon 'feels normal' in return to BC Place

CFL. Former Lions star back in Vancouver as a member of the rival Roughriders

CAM TUCKER
cam.tucker@metronews.ca

Geroy Simon speaks to media on Thursday at BC Place. JENNIFER GAUTHIER/FOR METRO

Geroy Simon entered through the doors at the west end of BC Place stadium around 3:30 p.m. Thursday, his tiny dog, Pepper, in tow.

Altogether it was a scene of tranquility compared to the atmosphere expected Friday, when Simon will play against the Lions in BC Place for the first time since he was traded from Vancouver to Saskatchewan in January.

Walking out onto the field, even if the stadium was virtually empty compared to what it will be Friday night, was enough to give No. 81 "chills."

"It feels good. It feels like home. I'm excited to be here, I'm excited to be able to have the opportunity to play tomorrow," said Simon, who spent 12 seasons with the Lions.

"I'm here as a visitor but it still feels normal."

Now well into his 15th season in the league, Simon became the CFL's all-time leader in career catches last weekend, when he set the new mark of 1,020 receptions, surpassing the old mark set by Ben Cahoon.

Simon said he didn't quite know what kind of reception he would get from the fans — Friday's crowd could reach the 40,000 mark. Yet it's almost impossible to think he wouldn't get anything but a standing ovation.

"This is a place where he's made a name for himself, where he basically became the greatest wide receiver of all time," said Roughriders quarterback Darian Durant. "So I'm pretty sure early on it's going to be emotional, but I think once he gets into the flow of things, it's going to be another football game for him."

Not only did 904 of his career catches — some spectacular, others memorable — come while he was with the Lions, but he had become an ambassador for the team and the league on and off the field.

"It's really, really, really rare to have a great player play a long time and also entrench himself into the community," said Lions veteran centre Angus Reid on Wednesday.

Canucks circled by familiar foe in opener

The Sharks' Brent Burns is chased by Ryan Stanton as Roberto Luongo watches during the first period on Thursday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Justin Braun scored his first goal in more than 19 months to break a tie late in the second period and the San Jose Sharks went on to beat the Vancouver Canucks 4-1 Thursday night in the season opener for both teams.

Brent Burns, Patrick Marleau and Tommy Wingels also scored for the Sharks, who have won eight straight against the Canucks, including a sweep in the first round of the playoffs last season. Antti Niemi made 21 saves.

Jason Garrison scored a power-play goal and Roberto Luongo made 31 saves for the Canucks, who lost in the debut of new coach John Tortorella.

On Thursday

Sharks	Canucks
4	1

The Canucks opened this season on the same ice they ended the last one on. The disappointing early playoff exit led to the firing of coach Alain Vigneault.

Tortorella arrived and preached toughness and tighter defensive play and got results on an improved penalty-kill unit that kept the Sharks off the score sheet on seven chances, including a two-man advantage for two minutes. The Canucks allowed seven power-play goals in the four playoff games last season.

But Vancouver still wound up on the short end as San Jose got the better of the even-strength play.

THE ASSOCIATED PRESS

4 SPORTS

Cardinals ride big 3rd to sink Pirates' ship

MLB playoffs. St. Louis rocks Burnett to take Game 1 of NLDS

Carlos Beltran, Adam Wainwright and the St. Louis Cardinals gave Pittsburgh a quick reality jolt.

Beltran's three-run homer sparked a seven-run third inning Thursday and the Cardinals got seven stingy innings from Wainwright to open their NL division series with a 9-1 rout of the Pirates.

"To be able to get out on a good first step and play well today I think is big for our guys confidence-wise," St. Louis manager Mike Matheny said. "Gives us an opportunity to just take some momentum, and momentum is big right now when you talk about a five-game series."

The first eight Cardinals reached safely in the third to chase A.J. Burnett, saddling the right-hander with the second-shortest outing of his career and putting Game 1 out of reach early.

A sellout crowd roared and then settled in for an easy victory by the NL Central champions, making their third consecutive trip to the postseason.

"Game 164 was rough," Pirates manager Clint Hurdle said. "One of the things we've been good at is we don't overcook things."

Lance Lynn (15-10) faces Pittsburgh rookie Gerrit Cole (10-7) in Game 2 on Friday.

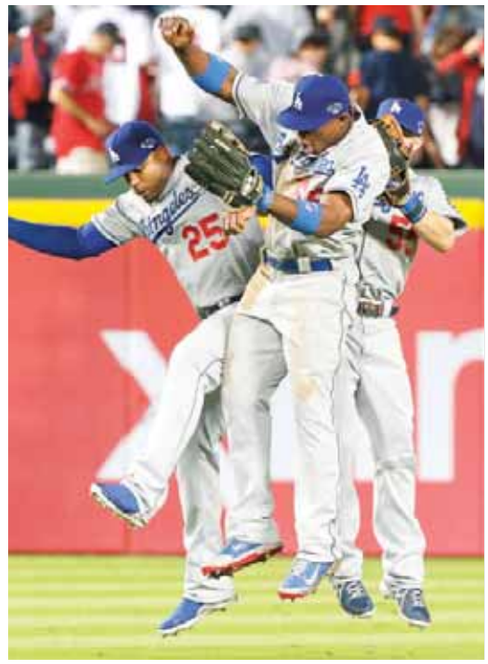
THE ASSOCIATED PRESS

Cardinals starter Adam Wainwright pitches to Andrew McCutchen of the Pirates in Game 1 of their National League division series in St. Louis on Thursday. ELSA/GETTY IMAGES

All he does is win

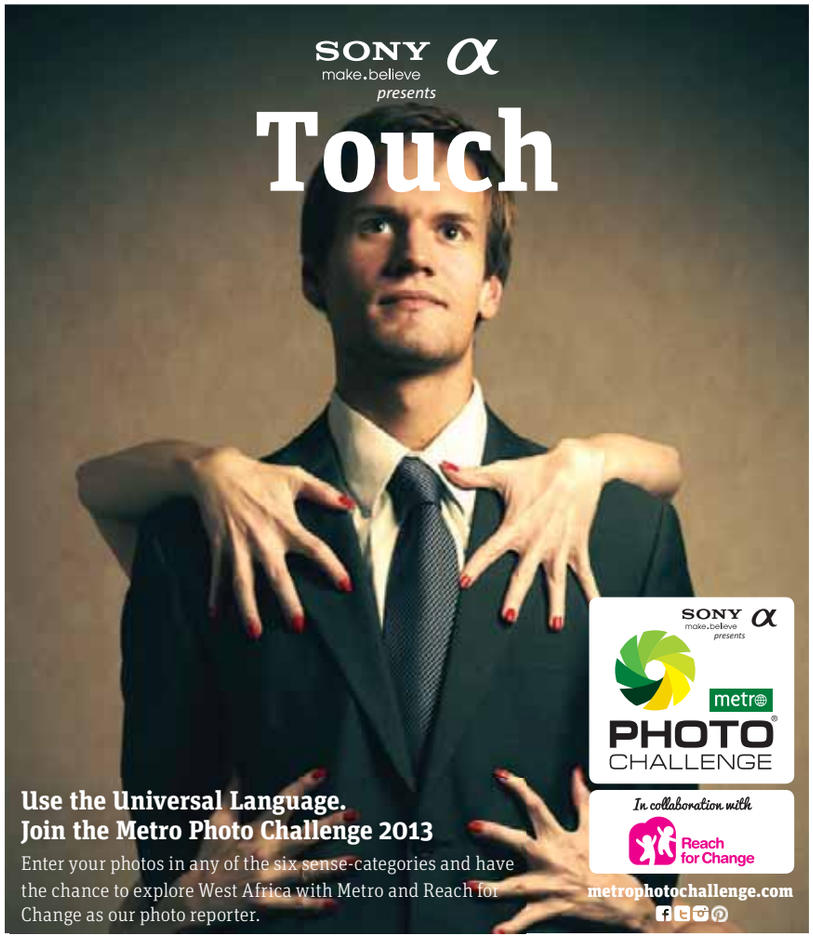
Adam Wainwright remained unbeaten in the post-season, going to 3-0 with a 2.27 ERA in 14 games, five of them starts.

- Wainwright allowed a run on three hits in seven innings, striking out nine without a walk. The only damage came on a homer by Pedro Alvarez.
- The right-hander tied for the NL lead with 19 wins this year and was 4-0 in his last five starts.



Dodgers outbrave Atlanta

From left, Los Angeles Dodgers left-fielder Carl Crawford, third baseman Jerry Hairston Jr., and second baseman Skip Schumaker celebrate after Game 1 of their National League division series against the Atlanta Braves on Friday in Atlanta. The Dodgers won 6-1. JOHN BAZEMORE/THE ASSOCIATED PRESS



NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	3	0	.400	112	130

NORTH

	W	L	T	Pct	PF	PA
Cleveland	3	2	0	.600	101	94
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's result

Cleveland 37 Buffalo 24

Sunday's games

Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Thursday's results

Washington 5 Calgary 4 (SO)
Boston 3 Tampa Bay 1
Pittsburgh 3 New Jersey 0
Los Angeles 3 Minnesota 2 (SO)
Florida 4 Dallas 2
St. Louis 4 Nashville 2
NY Rangers at Phoenix
Vancouver at San Jose

Wednesday's results

Toronto 3 Philadelphia 1
Detroit 2 Buffalo 1
Colorado 6 Anaheim 1

Friday's games

Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

Saturday's games

Philadelphia at Montreal, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Detroit at Boston, 7 p.m.
Ottawa at Toronto, 7 p.m.
Columbus at NY Islanders, 7 p.m.
Tampa Bay at Chicago, 8 p.m.
Washington at Dallas, 8 p.m.
Florida at St. Louis, 8 p.m.
Anaheim at Minnesota, 8 p.m.
Edmonton at Vancouver, 10 p.m.
Phoenix at San Jose, 10:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.
Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.
Winnipeg at Calgary, 6:30 p.m.

MLB

AL DIVISION SERIES

(Best-of-5)

DETROIT VS. OAKLAND

Friday's game
Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:37 p.m.
Saturday, October 5
Detroit (Verlander 13-12) at Oakland (Gray 5-3), 9:07 p.m.

BOSTON VS. TAMPA BAY

Friday's game
Tampa Bay at Boston 3:07 p.m.
Saturday, October 5
Tampa Bay at Boston 5:37 p.m.

NL DIVISION SERIES

(Best-of-5)

L.A. DODGERS VS. ATLANTA

(Los Angeles leads 1-0)
Thursday's result
L.A. Dodgers 6 Atlanta 1
Friday's game
L.A. Dodgers (Greinke 15-4) at Atlanta (Minor 13-9), 6:07 p.m.

ST. LOUIS VS. PITTSBURGH

(St. Louis leads 1-0)
Thursday's result
St. Louis 9 Pittsburgh 1
Friday's game
Pittsburgh at St. Louis (Lynn 15-10), 1:07 p.m.

Horoscopes

Aries
March 21 - April 20
Your heart will point you in the right direction today and if you are smart you won't ask questions, you will just go where it tells you to go

Taurus
April 21 - May 21
You probably won't get a lot of free time today and over the weekend, so make sure others know you are going to be busy.

Gemini
May 22 - June 21
Nothing and no one can stand between you and your goal, but don't get carried away. More important than success is that you reach it appropriately, playing by the rules and helping others along the way.

Cancer
June 22 - July 23
Petty squabbles could easily get out of hand over the next two or three days, so make it a point of honor to control your temper.

Leo
July 24 - Aug. 23
Travel and socialize as much as possible today and over the weekend, because the new moon will introduce you to people and places that bring a smile to your face. Life is good and about to get even better.

Virgo
Aug. 24 - Sept. 23
A new moon in the financial area of your chart means you will get what you deserve, nothing more and nothing less. It's not all about money, of course, but it's a pretty good way of measuring how successful you've been.

Libra
Sept. 24 - Oct. 23
You will be feeling on top of the world today, and with every good reason. The approaching new moon in your sign means that happy days are here again.

Scorpio
Oct. 24 - Nov. 22
It would be foolish to try to bluff your way out of trouble when there really isn't that much at stake. If you have made a mistake then admit it – and maybe follow up with an aggressively Scorpio "so what?".

Sagittarius
Nov. 23 - Dec. 21
You will find it difficult to play by the rules today, especially if other people egg you on to do something outrageous.

Capricorn
Dec. 22 - Jan. 20
Important people expect you to deliver and you must not let them down. You may have to burn the candle at both ends in order to meet your obligations on time but you'll be glad you did, so get on with it.

Aquarius
Jan. 21 - Feb. 19
A new moon in your fellow Air sign of Libra means you can easily escape tasks you don't want to do and people you don't want to get involved with.

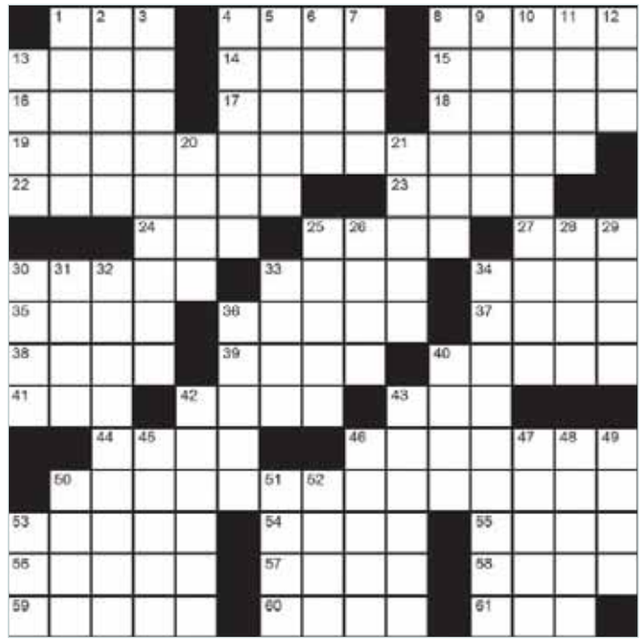
Pisces
Feb. 20 - March 20
Keep your eyes and ears open and, above all, keep an open mind because an offer that comes your way out of the blue is not to be missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



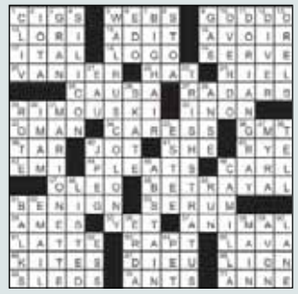
Across

1. Teacher's replacement, commonly
4. Boo-hooed
8. Mystery writer Dame Christie, informally
13. __-mucil (Fiber supplement brand)
14. The 'A' in AD
15. Hairstyling headquarters
16. Have ___ __ (Know 'somebody')
17. Winnebago owner, informally
18. Swedish explorer Mr. Hedin, and others
19. Beautiful sights in Canada: 2 wds.
22. Sandra Bullock's new outerspace movie
23. Boxing locale
24. "I'd like to buy __ '_'." ...said the "Wheel of Fortune" contestant
25. Music category
27. Friend ...en francais
30. New Testament star
33. 1722 Daniel Defoe book, __ Flanders
34. Suffix with 'Pluto' (Rich ruler)
35. Environmental sci.
36. Canadian folk singer/songwriter of "Rock and Roll Song"
37. Grain-of-rice shaped pasta
38. Open/__ case
39. Mr. Redding
40. Someone purchasing
41. Type of hill
42. Was in the red
43. Fish that fits here
44. Reasonable
46. Sweeper's reception
50. Bryan Adams hit: 4 wds.
53. Cream of the crop
54. Back
55. Y-__
56. Annoyed: 2 wds.
57. Combine
58. Name things on a pad
59. Open court hearings
60. Some insects
61. Allow

Down

1. Man's courtesy title in Barcelona
2. Mohawk Valley city in New York
3. Robber's would-be-stash holder: 2 wds.
4. Start liking, as an idea: 2 wds.
5. Diplomatic representative
6. Tire: French
7. Conflicted
8. Lash out
9. Singer Mr. DeGraw
10. "__ Glen Ross" (1992)
11. Particles
12. Spelled-out letters
13. Ms. Helgenberger
20. Yangs opposites
21. Letter ender, Yours __...
25. Strong
26. Alberta town
28. Complex path system
29. "Lump __ leave...": 2 wds.
30. "Why surely you __!"
31. Reverberate
32. The Guess Who song that goes "Whatever happened to homes as opposed to houses?": 2 wds.
33. Better half
34. Duncan, BC-born hockey great, Russ __
36. O, for one
40. Savour
42. Early stages of things
43. Palace protectors
45. Fragrant oil from flowers
46. Apportioned
47. Sprite
48. Make _ __ (Pose, boxer-style)
49. Home, informally
50. Be overly sweet
51. "__ la Douce" (1963)
52. Razor-sharp
53. Bigheadedness

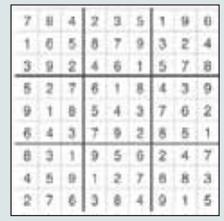
Thursday's Crossword

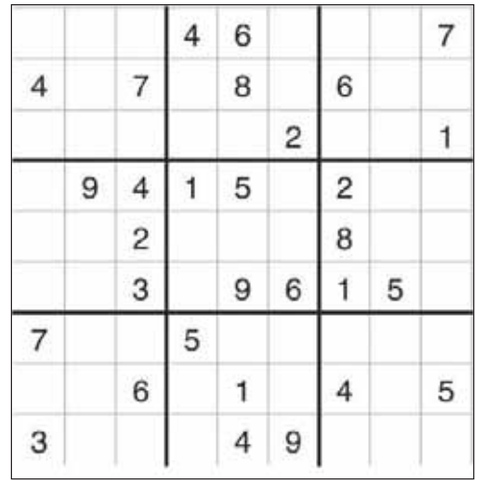


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Thursday's Sudoku





Today 14°/10° Variable
Saturday 15°/11° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Auckland Travel Nov 6 - Nov 20	from $1539

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ADD 2-day ski lift tickets from $238.

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Flights + 4 Nights from $517
INCLUDES accom on the Strip. **UPGRADE** to 4-star accom from $584.

Los Cabos Christmas
Flights + 7 Nights 4-Star from $1380
INCLUDES 4-star all-inclusive accom.
UPGRADE to 5-star accom from $1597.

London Christmas
Flights + 8 Nights from $1803
INCLUDES central accom near Russell Square.

Flights + Cruise

San Diego & Hawaii
Flights + 2 Nights + 17-Night Cruise
$1569 from
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Canada & New England Flights + 2 Nights + 10-Night Cruise from $1549
INCLUDES flights, Old Quebec City accom and cruise sailing New York City (Brooklyn) to Quebec City visiting Newport (Rhode Island), Boston, Bar Harbor (Maine), Saint John (New Brunswick), Halifax, Sydney (Nova Scotia) and Charlottetown.

Flights + All-inclusive

Riviera Nayarit
7 Nights 4-Star
$820 from
UPGRADE to 5-star accom from $1200.

Holguin 7 Nights 4-Star from $814
UPGRADE to 4.5-star accom from $970.

Varadero 7 Nights 4-Star from $841
UPGRADE to 5-star accom from $941.

Los Cabos 7 Nights 4-Star from $845
UPGRADE to 4.5-star accom from $975.

Mazatlan 7 Nights 4-Star from $966

USA

Anaheim Family Special
Flights + 3 Nights
$410◊ from
INCLUDES accom near theme parks. Price per person based on family of 4. **UPGRADE** to 4-star accom from $439. **ADD** *Disneyland* Resort 3-Day *1-Park Per Day* Ticket from $240/adult, $223/child (ages 3-9). **BOOK** this package based on double occupancy from $479.

Las Vegas Flights + 5 Nights from $428
INCLUDES accom on the Strip and roundtrip airport transfers. **UPGRADE** to 4-star accom from $419. **UPGRADE** to 5-star accom from $515.

New York Flights + 3 Nights from $667
INCLUDES Manhattan accom.

Honolulu Flights + 7 Nights from $863
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